

# A Guide to Concordia's Food System: Current Operations & Future Directions

A Research report prepared for the Concordia Food Coalition analyzing food service providers, student groups and administrative actors involved in the food system at Concordia University and comparing Concordia to other Canadian University food systems in order to determine successful actions for a healthy, just, sovereign food system.



Concordia Food Coalition  
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# Food At Concordia

## History of Food Service Providers at Concordia.

At Universities, foodservice providers are primarily employed to service residence populations. Since the late 1970s, the operation of food services at most universities and public institutions in North America have increasingly come under the control of three large food service companies: Chartwells, Sodexo and Aramark (Bernell, 2008).

Concordia did not have a single contracted food service provider until 2000, when student residence population began to increase. Prior to 2000, the University used communal kitchens, equipped with industrial stoves, fridges and preparation areas combined with a smaller non exclusivity contract with Sodexo Marriott (responsible for cafeteria services) to ensure students had access to food (Melanie Drew, 2013). In 2000, Concordia signed an exclusivity contract with Sodexo-Marriott (now Sodexo) to service residence students. That contract was short lived and the University terminated their agreement with Sodexo-Marriott in 2002 after 37 students living in residence got food poisoning from a bad batch of chicken fajitas in 2001. (The Link, 2011)

The search for a new campus food vendor began in January 2001. Hospitality Concordia billed the search as “the first comprehensive analysis of the overall food contract needs of the university in 25 years.” Concordia’s **first food services Request for Proposal** was created by Hospitality Concordia outlining the type of company, products and vision preferred by Concordia. A food services committee representing the major stakeholders within the university community (unable to find which groups were represented) was created to review public applications for the contract. Zev Tiefenbach from People’s Potato and Bilal Hamideh from Muslim Student Association proposed a student-run multi-ethnic food court that would be a commercial operation, not a soup kitchen. The operators of The People’s Potato, with other student associations, had also been invited to submit a business plan for the venture. Five vendors responded to the public tender, three of which were invited to present their company profile, products and overall vision for Concordia (Concordia Internal Relations & Communications, 2002).

The resulting recommendation of the food service committee was to choose Chartwells as the provider of food services to Concordia University. In 2002, Chartwells, a subsidiary of Compass Group Canada signed an exclusivity contract with the University, effectively securing their monopoly of contracted food services on campus. The resulting contract has been in effect for 11 years, and is set to expire in 2014-2015.

Adopting Chartwells as the only food service provider on campus renders Concordia University as a contracted food system. This means Concordia has a binding contract with its food service provider (Chartwells), who manages the majority of the components of the campus food system including menu planning, price setting, purchasing, retail outlets, residence meal plans and some of the catering services on both campuses.

Hospitality Concordia, specifically Commercial Support Services oversees the University Food Provider and its operations, but has little role in daily operations.

## University Food Policy

Currently, Concordia University has no official policy specifically relating to food on campus. The University frequently refers to the Universities official **Environmental Policy**, drafted in 2008 as inclusive of food considerations. According to the document, “This policy applies to all members of the University community, including faculty, students, administrators and staff, and also includes contractors. It encompasses teaching, research and service operations and outreach to the wider community.”

Article 5:5 is considered the most relevant section of the document as it refers to sourcing of local, ecological benign materials, though no specific mention of fresh produce, meat, or food items of any kind are made.

Article 5:5 reads:

Article 5:5 Wherever feasible in terms of financing, sourcing and availability, the University shall attempt to purchase goods that are ecologically benign, including items that are energy efficient, locally produced, made from post-consumer recycled and/or renewable materials, are recyclable, non-toxic and/or organic, should they meet or exceed the requirements as specified by the departmental end users. The University shall also work to consider life cycle costs and impacts when assessing products and equipment for procurement and, when possible, will tender to suppliers that are local and/or committed to environmental sustainability. (Concordia Environmental Policy, 2008)

## Space Rentals & Catering

Concordia University has rental agreements with 14 food chains on campus. The University rents these spaces to food chains at market value. These establishments are exempt from University policies (such as the Environmental Policy), except those specifically directed at rental space agreements. Food locations housed on Concordia property include:

- Cultures (EV)
- Jus Go Juice (EV)
- Van Houtte (EV)
- Subway (MB)
- Arouch (MB)
- A&W (GM)
- Ja14 va U (GM)
- Thai Express (GM)
- Shushi (GM)
- M4 Burritos (GM - to come)
- Tim Horton's (Metro)
- Coco Bun (GM Metro)
- Treats (GM Metro)
- Pizza Bella (GM Metro)

## Catering

Initially, Chartwells began as the exclusive Caterer on campus under the name Impressions. Over the past couple years the University created a [Approved Caterers List](#) that includes 16 additional caterer's from local business such as Buritoville and Bis Traiteur to other chain establishments such as Double Pizza and Bon Appetite. There are approximately 2,800 Catering orders per year. Approved Caterers include:

- Agnus Dei
- Avec Plaisirs
- Buritoville,
- Bis Traiteur
- Bon Appetit
- D.M. Catering
- Double Pizza
- Gour Maison
- Julian LeBlanc
- Fino Gourmand
- Impressions (Chartwells)
- Java U
- La Solas
- Pekarna,
- Simply Wonderful
- Traiteur Visionaire

## Student Community Food Movement

Concordia University has a strong and diverse student movement dedicated to producing, providing, teaching and learning about healthy, accessible, ethical food. Student run food groups on campus partially point to the need for an alternative to the corporate run cafeterias on campus as cause for their creation, among other important reasons. From the Concordia Greenhouse, a collectively run organization seeking to provide an educational space to learn about urban agriculture and group decision making, to the Peoples Potato a collective in their 14<sup>th</sup> year who very successful provides over 400 vegan lunches every day, there is a unique passion and ability to organize around the goal of a healthy food system. These groups and more work diligently to increase awareness of the conventional food system, while providing an alternative to it. For more detailed information on food initiatives at Concordia, please refer to page 8 of Concordia: A food guide for student sovereignty.

## Student Food Initiatives at Concordia University

*A list of student run food initiatives at the SGW and Loyola Campus with links to website for additional info (if available).*

**Le Frigo Vert:** <http://www.lefrigovert.com/>

**Cafe X** (Fine Arts Building)

**Café X** (EV Building)

**The Hive:** <http://hivecafe.ca/>

**City Farm School:** <http://concordialoyolacityfarm.wordpress.com/>

**Concordia Greenhouse:** <http://concordiagreenhouseproject.wordpress.com/>

- Aquaponics project
- Atrium tea garden project
- Vermicomposting project
- Four-seasons-growing project
- Sprouts project
- Vert-ta-ville project

**Sustainable Concordia:** <http://sustainable.concordia.ca/>

- Zero Waste Campaign
- R4
- Loan-A-Mug
- Dish Project
- Composting Program
- Sustainabili-Tea

**Sustainability Action Fund:** <http://www.safconcordia.ca/>  
**Beehive Project**

**People's Potato:** <http://www.peoplespotato.com/>

**Student Food Bank**

**Put Your Politics Where Your Mouth Is** (week of food activities)

**Mother Hubbard's Kitchen**



## Upcoming Changes Involving Concordia's Food System

### Request for Proposals (RFPs)

#### **Concordia Food Advisory Working Group**

Concordia's contract with Chartwells will expire in 2015. To prepare for the end of this contract, the University is currently undergoing the Request for Proposal process. Concordia University has created a Food Advisory Working Group to establish recommendations regarding the contractual requirements of bidding food service providers. The FAWG is composed of:

- Representative of Office of the Vice-President Services
- Representative of Dean of Students
- Representative of Hospitality Concordia
- Representative of Resident Life
- Faculty Member
- Staff Member
- Representative of Concordia Student Union
- Representative of Graduate Student Association
- Representative of Concordia Food Coalition (CFC)
- Resident

The Concordia Food Coalition holds a seat on this working group to inform the group of our research, and ensure our food system is healthy, just, accessible and sustainable.

### Request for Proposals (RFPs)

Request for Proposals are a major opportunity to change the food being sourced, purchased, served and consumed at Concordia University. During an RFP, the university can dictate very specifically to food service companies what is expected of them, in terms of food provision. RFPs happen very infrequently, so they are an important opportunity to seize. They present a real chance to make sustainability and local purchasing (among other important considerations) contractual requirements for campus food service providers.

#### **What is an RFP?**

From: [Campus Food Systems Projects – Request for Proposal Toolkit](#)

RFPs are basically job offers that campuses send out, when they want to hire a food service company. They are documents that outline what the campus needs – the amount of people that need to be fed, the infrastructure (e.g. physical dining halls and kitchens) that they have, or that need to be built and how long they want to hire the company for. They also outline what qualifications the company needs to have, what other characteristics they're looking for, and how the companies will apply. Then the companies respond. Instead of sending in resumes and CVs, they send in official bids. The university then reviews these bids against the hiring criteria set by the Food Advisory Working Group and narrow down the list of applicants to the ones they think have the best bid. Eventually the campus decides on one or more company's bid and signs a formal agreement.

## Residence Expansion

In September 2013, renovations at Hingston Hall will increase the intake of residence students by 118, therefore increasing meal plans by same. In September 2014, renovations at Grey Nuns residence will increase the intake of residence students by 360, again increasing meal plans by same. By 2015, Hospitality Concordia anticipates a **residence population of 922**, and **total of 2000 meals to be served on a daily basis** to Residence students.



# Chartwells At Concordia University

## Chartwells

Chartwells is a subsidiary of Compass Group Canada, the country's largest foodservice and support services company, with over \$1.4 billion in revenues in 2010 and over 23,000 employees across the country (Compass Group Canada, 2013). Compass Group Canada is the Canadian arm of the largest food service in the world, UK-based Compass Group PLC. Compass Group has over with 428,000 employees worldwide and today serves 55 colleges and Universities across Canada (Chartwells Canada, 2013).

## At Concordia

As previously mentioned, Chartwells has been the exclusive contracted food service provider on campus since 2002. They operate 8 dining spaces on campus, two full service cafeterias and 6 Cafes.

## Chartwells Spaces



### Sir George Williams Campus

- 1) **Zest Cafeteria - Hall Building, 7<sup>th</sup> Floor**  
Residence Dining Cafeteria
- 2) **Café 4 – Hall Building, 4<sup>th</sup> Floor**  
Starbucks, On the Go, Homemade kosher.
- 3) **LB Café – LB Building, Ground Floor**  
Tim Horton's, Pizza Pizza, Bento Sushi, On the Go, Wheat Street Deli, Shish Taouk.

### Loyola Campus

- 4) **Buzz Bistro - Residence Dining Cafeteria**
- 5) **Admin Café – Van Houtte, On the go**
- 6) **CJ Café – Starbucks, On the Go, Wheat Street Deli**
- 7) **SP Café – Van Houtte, On the Go, Wheat Street Deli**
- 8) **Rez Café – Van Houtte, On the go**

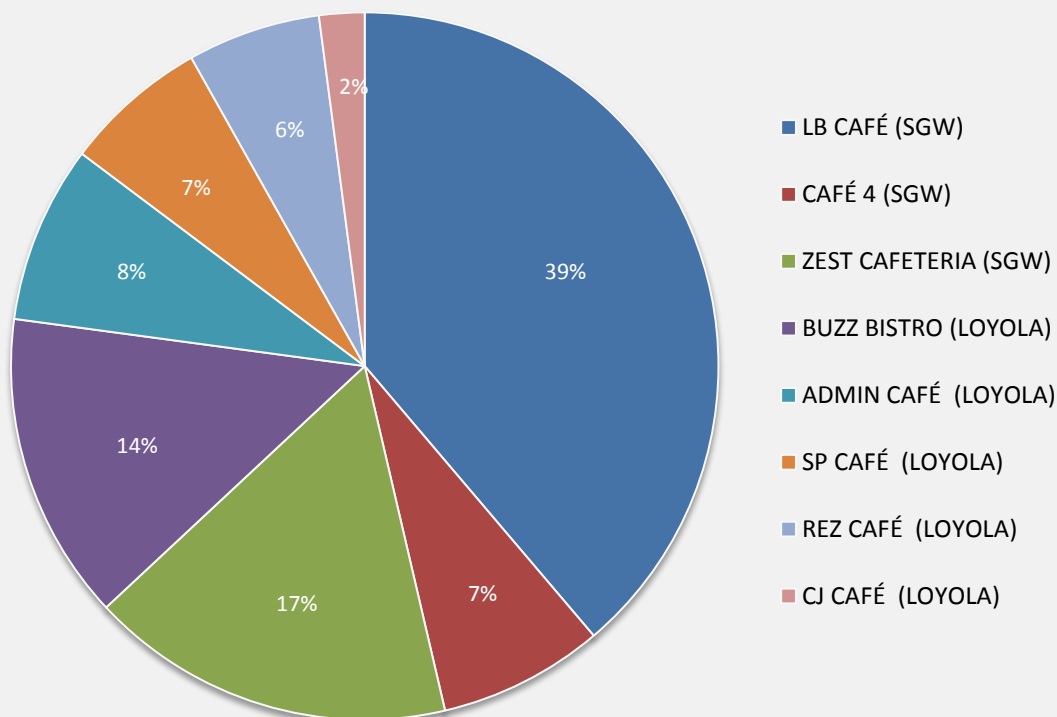
## Customers

According to Chartwells at Concordia, There are **667, 700 annual transactions** at 8 retail locations combined. Café LB, located on the ground floor of the library building at SWG campus receives the most annual traffic while CJ Café in the basement of the CJ building receives the least.

### Distribution of Annual Transactions & Average Cheque Amounts

	SGW CAMPUS			LOYOLA CAMPUS				
Location	LB Cafe	Café 4	Zest Cafeteria	Buzz Bistro	Admin Cafe	SP Cafe	Rez Cafe	CJ Cafe
Average Cheque	\$3.90	\$3.90	\$10.25	\$8.00	\$3.90	\$3.90	\$3.90	\$3.90
Annual Customer Count	208,223	40,577	89,617	75,600	43,585	35,401	32,642	11,121

### Annual Customer Transaction Distribution Among Chartwells Locations (2011-2012)



Data from: Compass Group Canada 2013

## Meal Plan

Chartwells currently services 444 meal plans to the Concordia community (Hospitality Concordia, 2013). Since

2002, it has been mandatory to purchase a meal plan if living in residence. The meal plan is considered an All U Care to Eat plan, which means meal plan holders can eat as much as they want in either of the dining (cafeteria) locations during a pre-designated meal time (Melaine Drew, 2013). Cafeterias only operate during dinner and lunch and serve an estimate of 900 meals daily. There are 4 meal plan options.

Meal Plan Type	Meal Plan Cost
Selection (10 meals per week + \$354 Flex dollars), 3 Equivalencies	<b>\$3,927.00</b>
Flexible (7 Meals per week + \$1480 Flex dollars)	<b>\$3,981.00</b>
Freedom (330 meals per year + \$550 Flex dollars)	<b>\$4,018.00</b>
Structured (12 Meals per week + \$100 Flex dollars), 4 Equivalences	<b>\$4,388.00</b>

Hospitality Concordia, 2013.

The mandatory meal plan been criticized for short dining hours, high cost, lack of options for gluten-free, vegetarian, vegan, dairy-free and kosher individuals and a lack of fresh food and culturally diverse and appropriate options. Students running out of money before the semester ends has also been continually problematic since the inception of meal plans at Concordia.

## Employees

Chartwells has a total of 97 employees at Concordia University, including:

- 2 Chefs
- 4 Cooks
- 2 Bakers
- 11 short Order Cooks
- 8 Cleaners/Dishwashers
- 25 Cashiers
- 45 Servers/Kitchen Prep/Bus persons.

## Main Distributors

Main distributors for majority of materials used by Chartwells:

- **Natrel (dairy products)**  
Natrel is a Canadian dairy co-operative based in Montreal, Quebec. It is the dairy subsidiary of the Agropur agricultural cooperative, the largest Canadian dairy company by annualized sales (\$3 billion). Agropur milk products are sold as Québon, Oka, Sealtest, Natrel, Island Farms, Yoplait, La Lacteo, Trega and Schröder.
- **Sysco (grocery and paper products)**  
Sysco Inc. is involved in marketing and distributing of food products to restaurants, healthcare and educational facilities, hotels and other foodservice and hospitality businesses. Sysco is the world's largest broadline food distributor and has over 170 facilities throughout the US and Canada.
- **Gordon Food Service (grocery and paper products)**  
Gordon Food Service (GFS), is North America's largest family-owned broadline foodservice distributor to educational facilities, healthcare facilities and restaurants.
- **Bovitendre (meat and processed meats)**  
Les Viandes Bovitendres inc. specializes in the processing and distribution of meat such as beef, veal, pork, chicken, lamb, wild game, cooked meats and cheese.
- **Hector Larivee (fruits and vegetables)**  
Hector Larivée is Canada's largest distributor of fresh produce.

## Drop off Points

Concordia University has two drop off points, one at each campus. SGW campus receives deliveries at the Campus Centre in the Hall Building and Loyola campus receives deliveries at the McConnell Library Loading dock.

### *Delivery Schedules:*



- Bulk items (including pasta, wheat, sugar, flours, rice, legumes, tofu, oil, etc ) delivered twice a week.
- Dairy and meat items (including meat, eggs, milk, butter, yogurt, etc.) delivered three times a week.
- Fresh Produce delivered daily.

## Menu

Of the 8 locations operated on campus, Chartwells runs two dining areas, or cafeterias. The menus at these cafeterias operate on a 4-week rotational schedule. The entire rotational menu plan for 2013 – 2014 including the amount of Serving size (g), Calories (g), Protein (g), Fat (g), Fiber (g), Sodium (g) for each dish is available below. For a complete list of all items sold at Concordia by Chartwells (and partnered companies such as Tim Horton's) and the complete price list see appendix.



## Chartwells Menu 2013 – 2014

### Week 1 of 4 Week Rotational Schedule

LUNCH Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Trattoria	Meat Sauce (120, 139, 9.2, 7.9, 2.6, 182)	Alfredo Sauce (30, 36, 1.3, 2.5, 0.1, 105)	Meatballs in Tomato Sauce (84, 311, 15.2, 25.3, 3.2,	Rose Sauce {30, 26, 0.8, 1.8, 0.2, 218}	Meat Sauce (120, 139, 9.2, 7.9, 2.6, 182)	Italian Sausage (142, 449, 18.1, 11.3, 5, 1031)	Chicken Alfredo (170, 212, 23.5, 8.8, 8.7, 388)
	Roasted Primavera Sauce (142g, 337, 14.7, 3.5, 5, 318)	Tomato Sauce (60, 33, 1.1, 0.5, 1.1, 312)	Creole Sauce {30, 20, 0.4, 1.2, 0.5, 117}	Roma Garden Sauce {30, 14, 0.5, 0.4, 0.4, 90}	Vegan Pesto {30, 337, 6.6, 32.9, 0.9, 100}	Arrabiata (30, 77, 1.9, 1, 2.1, 258)	Tomato Sauce (60, 33, 1.1, 0.5, 1.1, 312)
Culinary Table		Chili Con Carne (240, 241, 15.7, 10.2, 8.8, 450)	Greek Chicken (1, 412, 31.1, 30.7, 1.4, 95)	Pork Tagine (339, 24.2, 13.3, 4.9, 609)	Swedish Meatballs (84, 354, 14.8, 29.3, 9.7, 2.2, 1099)	Greek Gyros (1, 498, 21.6, 26.7, 8.3, 829)	
		Vegan Chili {240, 266, 11.7, 4, 11.7, 696}	Eggplant and Soy Moussaka (284, 290, 15.3, 10.4, 7.5, 242)	Corn and Black Bean Empanadas (2, 498, 9, 28.2, 5.9, 944)	Potato and Spinach Frittata (1, 272, 11.8, 6.8, 6.8, 581)	Macaroni and Cheese (227, 388, 14.9, 7.1, 2.4, 581)	
Suggested Sides	Eggs Benedict, Sausages, Ham, home fries, Vegan Baked Beans, French Toast, New York style Bagel Bar	Spicy Fries (113, 221, 2.6, 10.9, 2.9, 251)	Roasted Greek Potatoes (113, 174, 2, 8.5, 1.8, 242)	Sweet Potato Fries (113, 111, 1.6, 2.7, 2.9, 257)	Yukon Mash (113, 159, 2, 7, 1.6, 459)	Onion Rings (113, 297, 3.8, 17.4, 2.6, 549)	Belgian waffles, Bacon, Sausages, home fries, Vegan Baked Beans, French Toast
		Mexican Rice (113, 84, 1.6, 2.7, 1.2, 23)	Herbed Lemon Rice {99, 146, 3.1, 2.2, 1, 29}	Basmati Rice (85, 344, 8.7, 0, 0, 0)	Brown Rice (99, 114, 2.3, 2.6, 1.6, 31)	Jasmine Rice (85, 106, 2, .1, .1, 5)	
		Two Steamed Vegetable available Every Day					
DINNER Week 1	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Trattoria	Meat Sauce (120, 139, 9.2, 7.9, 2.6, 182)	Alfredo Sauce (30, 36, 1.3, 2.5, 0.1, 105)	Meatballs in Tomato Sauce (84, 311, 15.2, 25.3, 3.2,	Rose Sauce {30, 26, 0.8, 1.8, 0.2, 218}	Meat Sauce (120, 139, 9.2, 7.9, 2.6, 182)	Meatballs in Tomato Sauce (84, 311, 15.2, 25.3, 3.2,	Chicken Alfredo (170, 212, 23.5, 8.8, 8.7, 388)
	Roasted Primavera Sauce (142g, 337, 14.7, 3.5, 5, 318)	Tomato Sauce (60, 33, 1.1, 0.5, 1.1, 312)	Creole Sauce (30, 20, 0.4, 1.2, 0.5, 117)	Roma Garden Sauce {30, 14, 0.5, 0.4, 0.4, 90}	Vegan Pesto {30, 337, 6.6, 32.9, 0.9, 100}	Arrabiata (30, 77, 1.9, 1, 2.1, 258)	Tomato Sauce (60, 33, 1.1, 0.5, 1.1, 312)
Culinary Table	Roast Beef au Jus {85, 196, 25.4, 9.6, .1, 45}	BBQ Pork Chops (125, 192, 22.1, 6, 377)	Honey Garlic Wild Salmon (113, 189, 21.3, 3.5, 0.6, 419)	Beef Bourguignon (199, 224, 26.4, 9.8, 0.8, 345)	Roast Chicken (1, 630, 71.8, 35.8, 0.2, 424)	Paella (284, 482, 27.2, 15.5, 3.7, 944)	Lasagna (227, 417, 24.4, 12.5, 4.1, 495)
	ChickPea and Vegetable Curry (170, 227, 5.1, 14, 22.6, 5.1, 746)	Ratatouille with Navy Beans (240, 260, 13.4, 7.5, 10.1, 313)	Tofu Vegetable Chop Suey {227, 136, 9.9, 5.3, 3,	Eggplant Parmesan (284, 290, 15.3, 10.4, 7.5, 830)	Split Pea and Pepper Dal (170, 175, 8.9, 6.3, 4.4, 551)	Morrocان Bean and Pepper Stew (284, 8.9, 3.2, 8.9, 724)	Vegetarian Lasagna (227, 331, 22.9, 8.4, 4.4, 721)
Suggested Sides	Yukon Mash (113, 159, 2, 7, 1.6, 459)	Boston Brown Potatoes (128, 164, 2.4, 4.7, 2.6, 350)	Egg Rolls {1, 198, 3.8, 7.6, 0.9, 512}	Egg Noodles (113, 156, 5.1, 2.3, 1.4, 198)	Roasted Potatoes (113, 174, 2, 8.5, 1.8, 242)	Couscous (99, 123, 4.2, 0.2, 1, 8)	Spicy Fries (113, 221, 2.6, 10.9, 2.9, 251)
	7 Grain Rice {85, 237, 7.3, 1.7, 5.3, 1}	Brown Rice (99, 114, 2.3, 2.6, 1.6, 31)	Vegetable Fried Rice (120, 111, 3.1, 2.3, 1.9, 110\)	Rice Pilaf (113, 109, 2.1, 3.5, 1, 53)	Basmati Rice (85, 344, 8.7, 0, 0, 0)	7 Grain Rice {85, 237, 7.3, 1.7, 5.3, 1}	Brown Rice (99, 114, 2.3, 2.6, 1.6, 31)
	Two Steamed Vegetable available Every Day						

Nutritional Information provided in the parenthesis as following: (Serving size (g), Calories (g), Protein (g), Fat (g), Fiber (g), Sodium (g))

## Week 2 of 4 Week Rotational Schedule

LUNCH Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Trattoria	Alfredo Sauce (30, 36, 1.3, 2.5, 0.1, 105)	Meat Sauce (120, 139, 9.2, 7.9, 2.6, 182)	Chicken Rose Sauce (256, 377, 24.9, 6.7, 7, 503)	Carbonara (30, 407, 19, 15.8, 19, 467)	Meatballs in Tomato Sauce (84, 311, 15.2, 25.3, 3.2,	Rose Sauce (30, 26, 0.8, 1.8, 0.2, 218)	Meat Sauce (120, 139, 9.2, 7.9, 2.6, 182)
	Vegan Pesto (30, 337, 6.6, 32.9, 0.9, 100)	Roma Garden Sauce (30, 14, 0.5, 0.4, 0.4, 90)	Tomato Sauce (60, 33, 1.1, 0.5, 1.1, 312)	Roasted Primavera Sauce (142g, 337, 14.7, 3.5, 5, 318)	Creole Sauce (30, 20, 0.4, 1.2, 0.5, 117)	Tomato Sauce (60, 33, 1.1, 0.5, 1.1, 312)	Arrabiata (30, 77, 1.9, 1, 2.1, 258)
Culinary Table		Oktoberfest Sausage w/ sauerkraut (91, 497, 18.1, 29, 2, 409)	Gingered Beef with Peppers (199, 271, 20.3, 7.2, 1.9, 12)	Lime Chicken Fajitas (2, 492, 21.1, 17.9, 3.9, 1530)	Chicken Souvlaki (1, 360, 31.1, 7.7, 7.5, 562)	Chicken a la King (120, 462, 20.6, 30, 1.4, 694)	
		Broccoli cheddar Quiche (1, 280, 11.7, 17.7, 1.3, 409)	Lentil and Apple Curry (185, 266, 12.9, 2.3, 8, 12)	Faux Chicken Fajitas (2, 492, 21.1, 17.9, 3.9, 1530)	Falafel (1, 366, 12.7, 19.3, 10.3, 211)	Red Curry Tofu with Vegetables (170, 230, 9.2, 16.8, 1.5, 242)	
Suggested Sides	Eggs Benedict, Sausages, Ham, home fries, Vegan Baked Beans, French Toast, New York style Bagel Bar	Roasted Potatoes (113, 174, 2, 8.5, 1.8, 242)	Sweet Potato Fries (113, 111, 1.6, 2.7, 2.9, 257)	Tex Mex Potatoes (128, 153, 2.2, 5.6, 2.4, 424)	Spicy Fries (113, 221, 2.6, 10.9, 2.9, 251)	Roasted Potatoes (113, 174, 2, 8.5, 1.8, 242)	Belgian waffles, Bacon, Sausages, home fries, Vegan Baked Beans, French Toast
		7 Grain Rice (85, 237, 7.3, 1.7, 5.3, 1)	Basmati Rice (85, 344, 8.7, 0, 0, 0)	Mexican Rice (113, 84, 1.6, 2.7, 1.2, 23)	Jasmine Rice (85, 106, 2, .1, .1, 5)	Jambalaya rice (85, 105, 2.3, 2, 161)	
		Two Steamed Vegetable available Every Day					
DINNER Week 2	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Trattoria	Alfredo Sauce (30, 36, 1.3, 2.5, 0.1, 105)	Meat Sauce (120, 139, 9.2, 7.9, 2.6, 182)	Chicken Rose Sauce (256, 377, 24.9, 6.7, 7, 503)	Carbonara (30, 407, 19, 15.8, 19, 467)	Meatballs in Tomato Sauce (84, 311, 15.2, 25.3, 3.2,	Rose Sauce (30, 26, 0.8, 1.8, 0.2, 218)	Meat Sauce (120, 139, 9.2, 7.9, 2.6, 182)
	Vegan Pesto (30, 337, 6.6, 32.9, 0.9, 100)	Roma Garden Sauce (30, 14, 0.5, 0.4, 0.4, 90)	Tomato Sauce (60, 33, 1.1, 0.5, 1.1, 312)	Roasted Primavera Sauce (142g, 337, 14.7, 3.5, 5, 318)	Creole Sauce (30, 20, 0.4, 1.2, 0.5, 117)	Tomato Sauce (60, 33, 1.1, 0.5, 1.1, 312)	Arrabiata (30, 77, 1.9, 1, 2.1, 258)
Culinary Table	Roast Pork (85, 306, 27.2, 12.8, 1.9, 240)	Meatloaf (142, 281, 18.8, 17.3, 3.2, 472)	Red Curry Chicken (170, 255, 15.8, 17, 0.5, 440)	Beef Stroganoff (142, 178, 20.1, 7.4, 0.7, 156)	Jerk Pork (107, 164, 22.8, 5.7, 1, 295)	Breaded Fish fillet (113, 334, 23.1, 16.1, 1.1, 842)	Butter Chicken (170, 295, 19, 20.7, 2, 758)
	Cheese and Asparagus Crepes (1, 151, 3.5, 3.4, 442)	Spiced Eggplant and Chickpea (120, 101, 3.2, 2.1, 4.4, 221)	Soy Chicken Pad Thai (199, 896, 43.6, 16.1, 5.5, 1232)	Perogy with Onion and Tomato (5, 623, 13.8, 37.2, 6.6, 708)	Carribean Black Beans (256, 157, 8.1, 2.2, 9.7, 698)	Ratatouille with Navy Beans (240, 260, 13.4, 7.5, 10.1, 313)	Kablis Chana (170, 131, 4.3, 2.7, 5.2, 547)
Suggested Sides	Roasted Potatoes (113, 174, 2, 8.5, 1.8, 242)	Garlic Mashed Potato (113, 156, 2.9, 5, 2.2, 221)	Spring Rolls (2, 124, 2.1, 7.1, 1.4, 193)	Root Vegetable Mash (60, 354, 3.3, 23.4, 9.9, 266)	Plantain Chips (30, 103, 0.6, 5.7, 1, 50)	Garlic Mashed Potato (113, 156, 2.9, 5, 2.2, 221)	Vegetable Pakoras (4, 261, 6.9, 11.3, 1.8, 702)
	Brown Rice (99, 114, 2.3, 2.6, 1.6, 31)	Rice Pilaf (113, 109, 2.1, 3.5, 1, 53)	Jasmine Rice (85, 106, 2, .1, .1, 5)	Basmati Rice (85, 344, 8.7, 0, 0, 0)	Rice and Peas (85, 181, 4.6, 8.5, 2.9, 369)	Vegetable Paella (199, 264, 10.9, 4.7, 5.2, 644)	Basmati Rice (85, 344, 8.7, 0, 0, 0)
	Two Steamed Vegetable available Every Day						

Nutritional Information provided in the parenthesis as following: (Serving size (g), Calories (g), Protein (g), Fat (g), Fiber (g), Sodium (g))



### Week 3 of a 4-Week Rotational Schedule

LUNCH - Week 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Trattoria	Alfredo Pesto (30, 65, 1.1, 5.8, 0, 273)	Italian Sausage (142, 449, 18.1, 11.3, 5, 1031)	Meat Sauce (120, 139, 9.2, 7.9, 2.6, 182)	Chicken Mushroom Alfredo (170, 212, 23.5, 8.8, 8.7, 182)	Meat Sauce (120, 139, 9.2, 7.9, 2.6, 182)	Meatballs in Tomato Sauce (84, 311, 15.2, 25.3, 3.2, 100)	Meat Sauce (120, 139, 9.2, 7.9, 2.6, 182)
	Creole Sauce (30, 20, 0.4, 1.2, 0.5, 117)	Tomato Sauce (60, 33, 1.1, 0.5, 1.1, 312)	Roasted Primavera Sauce (142g, 337, 14.7, 3.5, 5, 766)	Roma Garden Sauce (30, 14, 0.5, 0.4, 0.4, 90)	Arrabiata (30, 77, 1.9, 1, 2.1, 258)	Vegan Pesto (30, 337, 6.6, 32.9, 0.9, 100)	Tomato Sauce (60, 33, 1.1, 0.5, 1.1, 312)
Culinary Table		Sweet and Sour Meatballs (84, 356, 14.5, 25.1, 746)	Chicken Pot Pie (1, 628, 20.1, 32.3, 5.7, 766)	Herb Crusted Fish (1, 443, 19.4, 22.8, 2.6, 888)	Beef and Bean Burritos (113, 548, 19.8, 22.9, 3.9, 1030)	Swiss Steak (113, 292, 29.9, 10.7, 2.4, 360)	
		Chick Pea and Vegetable Curry (170, 227, 5.1, 14, 5.1, 746)	Barley Risotto with Fennel (170, 280, 7.7, 7.1, 5.6, 694)	Macaroni and Cheese (227, 388, 14.9, 7.1, 2.4, 581)	Black bean & Sweet Potato Burritos (227, 448, 14.6, 9.9, 242)	Vegetarian Frittata (99, 228, 15.1, 16.5, 0.9, 472)	
Suggested Sides	Eggs benedict, Sausages, Ham, home fries, Vegan Baked Beans, French Toast, New York style Bagel Bar	Yukon Mash (113, 159, 2, 7, 1.6, 459)	Roasted Potatoes (113, 174, 2, 8.5, 1.8, 242)	Boston Brown Potatoes (128, 164, 2.4, 4.7, 2.6, 350)	Roasted Potatoes (113, 174, 2, 8.5, 1.8, 242)	Sweet Potato Fries (113, 111, 1.6, 2.7, 2.9, 257)	Belgian waffles, Bacon, Sausages, home fries, Vegan Baked Beans, French Toast
		Fluffy Rice (99, 152, 3.2, 2.3, 1, 30)	Brown Rice (99, 114, 2.3, 2.6, 1.6, 31)	Rice Pilaf (113, 109, 2.1, 3.5, 1, 53)	7 Grain Rice (85, 237, 7.3, 1.7, 5.3, 1)	Jasmine Rice (85, 106, 2, .1, .1, 5)	
		Two Steamed Vegetable available Every Day					
DINNER Week 3	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Trattoria	Alfredo Pesto (30, 65, 1.1, 5.8, 0, 273)	Italian Sausage (142, 449, 18.1, 11.3, 5, 1031)	Meat Sauce (120, 139, 9.2, 7.9, 2.6, 182)	Chicken Mushroom Alfredo (170, 212, 23.5, 8.8, 8.7, 182)	Meat Sauce (120, 139, 9.2, 7.9, 2.6, 182)	Meatballs in Tomato Sauce (84, 311, 15.2, 25.3, 3.2, 100)	Meat Sauce (120, 139, 9.2, 7.9, 2.6, 182)
	Creole Sauce (30, 20, 0.4, 1.2, 0.5, 117)	Tomato Sauce (60, 33, 1.1, 0.5, 1.1, 312)	Roasted Primavera Sauce (142g, 337, 14.7, 3.5, 5, 766)	Roma Garden Sauce (30, 14, 0.5, 0.4, 0.4, 90)	Arrabiata (30, 77, 1.9, 1, 2.1, 258)	Vegan Pesto (30, 337, 6.6, 32.9, 0.9, 100)	Tomato Sauce (60, 33, 1.1, 0.5, 1.1, 312)
Culinary Table	Roast Turkey (113, 452, 51.3, 13, 2.2, 847)	Szechuan Orange Chicken (142, 144, 21, 2.5, 8.6, 464)	Shepherd's Pie (284, 337, 14.9, 12.6, 4.6, 242)	Pork curry (170, 234, 21.6, 5.6, 3, 458)	Roast Chicken (1, 630, 71.8, 35.8, 0.2, 424)	Red Thai Wild Salmon (113, 167, 21.1, 6.3, 0.1, 460)	Tacos (1, 197, 8, 11.6, 1.6, 236)
	Vegan Chili (240, 266, 11.7, 4, 11.7, 696)	Hoisin Baked Tofu with Bok Choy (1, 192, 13, 5, 4.3, 464)	Veg. Shepherd's Pie (227, 347, 15.8, 6.9, 9.7, 434)	Couscous with Vegetables (113, 62, 1.6, 1.7, 0.7, 242)	Lentil Stuffed Peppers (2, 209, 10, 4.1, 8.5, 650)	Kidney Bean and Veg Curry (170, 210, 5.3, 13.8, 5.6, 268)	Vegetarian Tacos (199, 84, 2.5, 3.4, 3.8, 251)
Suggested Sides	Roasted Sweet Potato (113, 111, 1.6, 2.7, 2.9, 257)	Egg Rolls (1, 198, 3.8, 7.6, 0.9, 512)	Onion Rings (113, 297, 3.8, 17.4, 2.6, 549)	Roasted Potatoes (113, 174, 2, 8.5, 1.8, 242)	Baked Potato (113, 213, 5.3, 0, 6.1, 17)	Yukon Mash (113, 159, 2, 7, 1.6, 459)	Spicy Fries (113, 221, 2.6, 10.9, 2.9, 251)
	Brown Rice (99, 114, 2.3, 2.6, 1.6, 31)	Vegetable Fried rice (120, 111, 3.1, 2.3, 1.9, 110)	7 Grain Rice (85, 237, 7.3, 1.7, 5.3, 1)	Basmati Rice (85, 344, 8.7, 0, 0, 0)	Fluffy Rice (99, 152, 3.2, 2.3, 1, 30)	Lemon Rice (99, 146, 3.1, 2.2, 1, 29)	Mexican Rice (113, 84, 1.6, 2.7, 1.2, 23)
	Two Steamed Vegetable available Every Day						

Nutritional Information provided in the parenthesis as following: (Serving size (g), Calories (g), Protein (g), Fat (g), Fiber (g), Sodium (g))

## Week 4 of 4-Week Rotational Schedule

LUNCH Week 4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Trattoria	Alfredo Pesto {30, 65, 1.1, 5.8, 0, 273}	Chicken Mushroom Alfredo (170, 212, 23.5, 8.8, 8.7,	Meat Sauce {120, 139, 9.2, 7.9, 2.6, 182}	Italian Sausage (142, 449, 18.1, 11.3, 5, 1031)	Meat Sauce (120, 139, 9.2, 7.9, 2.6, 182)	Meatballs in Tomato Sauce (84, 311, 15.2, 25.3, 3.2,	Rose Sauce {30, 26, 0.8, 1.8, 0.2, 218}
	Tomato Sauce {60, 33, 1.1, 0.5, 1.1, 312}	Roma Garden Sauce {30, 14, 0.5, 0.4, 0.4, 90}	Arrabiata (30, 77, 1.9, 1, 2.1, 258)	Creole Sauce (30, 20, 0.4, 1.2, 0.5, 117)	Vegan Pesto (30, 337, 6.6, 32.9, 0.9, 100)	Roasted Primavera Sauce (142g, 337, 14.7, 3.5, 5, 318)	Roma Garden Sauce {30, 14, 0.5, 0.4, 0.4, 90}
Culinary Table		Chicken Pot Pie (1, 628, 20.1, 32.3, 5.7, 766)	Philly Cheese Steak (57, 599, 30.5, 23.2, 2.8, 742)	Turkey Chili (240, 232, 22.1, 6, 24.6, 461)	Blackened Salmon (1, 201.2, 27.1, 1.7, 1.5, 884)	Gourmet Dog Day (1, 218, 8, 14, 0.6, 650)	
		Vegetarian Lasagna {227, 331, 22.9, 8.4, 4.4, 721}	Fried Eggplant {113, 477, 18.8, 15.1, 6.1, 1092}	Potato and Swiss Frittata {1, 134, 12.2, 5.8, 0.8, 291}	Black Bean Quesadillas {142, 447, 19.2, 13.6, 10.7, 1666}	Veggie Dog {1, 50, 10, 0.5, 0, 400}	
Suggested Sides	Eggs Benedict, Sausages, Ham, home fries, Vegan Baked Beans, French Toast, New York style Bagel Bar	Yukon Mash {113, 159, 2, 7, 1.6, 459}	Baked Potato {113, 213, 5.3, 0, 6.1, 17}	Sweet Potato Mash {113, 84, 1.6, 2.7, 13.5, 148}	Roasted Potatoes {113, 174, 2, 8.5, 1.8, 242}	Sweet Potato Fries (113, 111, 1.6, 2.7, 2.9, 257)	Belgian waffles, Bacon, Sausages, home fries, Vegan Baked Beans, French Toast
		Jasmine Rice {85, 106, 2, .1, .1, 5}	Brown Rice {99, 114, 2.3, 2.6, 1.6, 31}	Rice Pilaf {113, 109, 2.1, 3.5, 1, 53}	7 Grain Rice {85, 237, 7.3, 1.7, 5.3, 1}	Jasmine Rice {85, 106, 2, .1, .1, 5}	
Two Steamed Vegetable available Every Day							
DINNER Week 4	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Trattoria	Alfredo Pesto {30, 65, 1.1, 5.8, 0, 273}	Chicken Mushroom Alfredo (170, 212, 23.5, 8.8, 8.7,	Meat Sauce {120, 139, 9.2, 7.9, 2.6, 182}	Italian Sausage (142, 449, 18.1, 11.3, 5, 1031)	Meat Sauce (120, 139, 9.2, 7.9, 2.6, 182)	Meatballs in Tomato Sauce (84, 311, 15.2, 25.3, 3.2,	Rose Sauce {30, 26, 0.8, 1.8, 0.2, 218}
	Tomato Sauce {60, 33, 1.1, 0.5, 1.1, 312}	Roma Garden Sauce {30, 14, 0.5, 0.4, 0.4, 90}	Arrabiata (30, 77, 1.9, 1, 2.1, 258)	Creole Sauce (30, 20, 0.4, 1.2, 0.5, 117)	Vegan Pesto (30, 337, 6.6, 32.9, 0.9, 100)	Roasted Primavera Sauce (142g, 337, 14.7, 3.5, 5, 318)	Roma Garden Sauce {30, 14, 0.5, 0.4, 0.4, 90}
Culinary Table		Shepherd's Pie (284, 337, 14.9, 12.6, 4.6, 242)	Tandoori chicken (113, 291, 30.5, 16.2, 2.1, 331)	Pork Souvlaki (113, 437, 27.7, 15.5, 9.2, 528)	Beef Stew Provencale (142, 228, 25.7, 7.7, 1.3, 490)	Creole Fish Fillets (142, 258, 37.4, 6.2, 1.7, 406)	Chicken Cacciatore (1, 769, 86.3, 42.5, 0.9, 360)
		Veg. Shepherd's Pie {227, 347, 15.8, 6.9, 9.7, 434}	Tikka Masala Soy Strips {170, 166, 16.6, 6.5, 4, 709}	Macaroni and Cheese (227, 388, 14.9, 7.1, 2.4, 581)	Lentil and Vegetable Curry (199, 137, 6.2, 5.3, 4.7, 191)	Mediterranean Tortellini {170, 667, 22.2, 19.6, 9.5, 1434}	Sicilian Caponata {240, 230, 3.4, 10.9, 6.2, 610}
Suggested Sides	Roasted Potatoes {113, 174, 2, 8.5, 1.8, 242}	Root Vegetable Mash (60, 354, 3.3, 23.4, 9.9, 266)	Spicy Fries {113, 221, 2.6, 10.9, 2.9, 251}	Roasted Potatoes {113, 174, 2, 8.5, 1.8, 242}	Roasted Sweet Potato {113, 111, 1.6, 2.7, 2.9, 257}	Yukon Mash {113, 159, 2, 7, 1.6, 459}	Roasted Potatoes {113, 174, 2, 8.5, 1.8, 242}
		7 Grain Rice {85, 237, 7.3, 1.7, 5.3, 1}	7 Grain Rice {85, 237, 7.3, 1.7, 5.3, 1}	Rice with Cranberry and Almonds {99, 241, 4.8, 7.5, 2.8,	Basmati Rice {85, 344, 8.7, 0, 0, 0}	Brown Rice {99, 114, 2.3, 2.6, 1.6, 31}	Lemon Rice {99, 146, 3.1, 2.2, 1, 29}
Two Steamed Vegetable available Every Day							

Nutritional Information provided in the parenthesis as following: (Serving size (g), Calories (g), Protein (g), Fat (g), Fiber (g), Sodium (g))



# Sourcing

In June 2013, a list of research questions was submitted to Chartwells operations at Concordia (see appendix for full list of questions). A major goal of submitting such questions was to gain a comprehensive understanding of Chartwells operations both at Concordia, and about their actions in the food system including purchasing practices, distribution pathways, buying powers and more. In July 2013, we receive partial answers to our questions, the following pages include their response to our questions regarding product sourcing.

## Compass Group Canada: Site-specific analysis for Concordia University

**Rationale used for Analysis:**

1. Data is sourced from product origin information provided to Compass by the manufacturer.

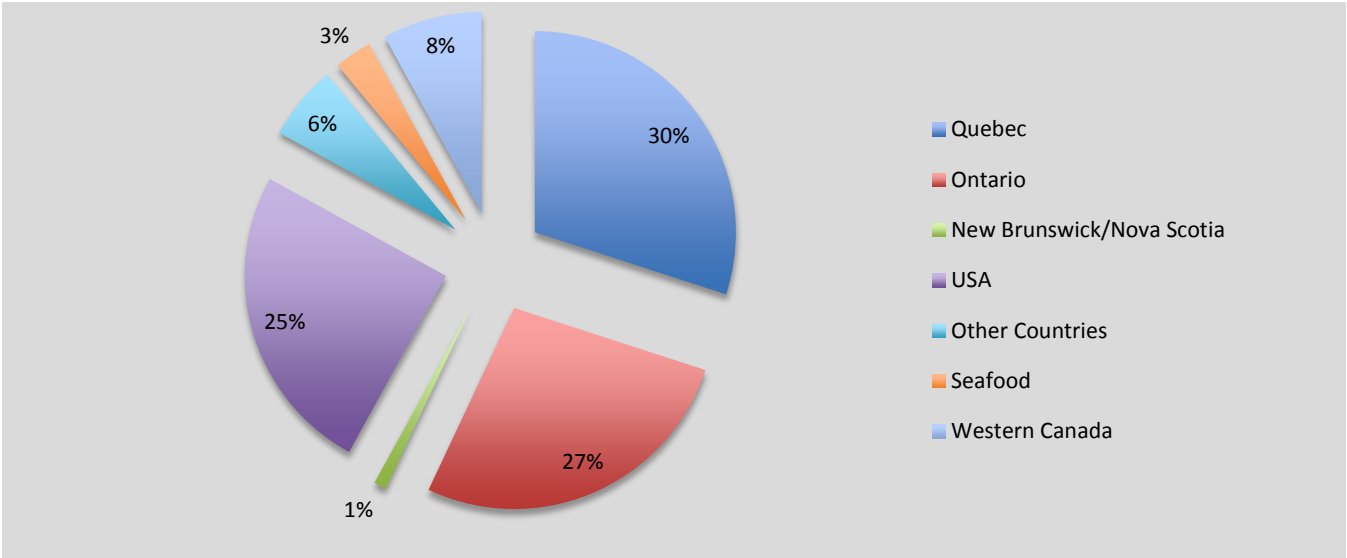
2. Product source is defined as the place the product is grown, raised or manufacturer; and origin is recorded by location of facility provided by the manufacturer. For example; eggs are listed by the location of the grading facility not by the farm where eggs are laid

3. Purchases tracked through the Compass Foodbuy system are included in this analysis. Any other local purchases from vendors are not included.

4. External branded concepts are not included in this analysis for the most part as they are direct shipment deliveries not through Foodbuy.

5. Data is based on dollar volumes of purchased food items only. Total dollar volume analyzed is in excess of 90% of

## Compass Group Canada: Site-specific analysis for Concordia University (by dollar volume)



## Sourcing Data Critique

While their analysis seems to include the majority of purchases, Chartwells does not distinguish between fresh produce, meat and dairy products, frozen produce, pre-prepared items and bulk items as we had requested. Additionally the results provided make no distinction between product origin, which is provided to Chartwells by the manufacturer, and product source, which could be the place the product was grown, raised, graded, or manufacturer. To use their example, if eggs were raised in Ontario, but graded in Quebec those items would be considered from Quebec. This method can conceal the true distribution of sourcing Chartwells employs to provide Concordia's food system.

## Sustainability

Currently, Concordia University has no sustainability policy that could determine or effect Chartwells commitment to sustainability. Concordia's environmental policy drafted by the University in 2008 is inclusive of contracted companies and organizations including Chartwells, but it has no specific benchmarks or criteria for sustainability initiatives and/or commitments related to food.

Similarly, Chartwells has no specific, measureable benchmarks or criteria related to sustainability commitments at Concordia such as local purchasing benchmarks, organic commitments and more. Their actions (displayed below) are mostly general statements. According to Compass Group Canada site-specific analysis for Concordia University, 30% of food items are sourced from Quebec however their methodology for determining this figure is discussed above.



## Showing Our Commitment To Sustainability

**Our Actions:**

Purchasing and promoting local, seasonal produce and products, as available	Recycling used cooking oil and grease
Delivering a Styrofoam-free foodservice operation	Using China, silverware and glassware in all Residence Dining Halls
Purchasing compostable, biodegradable disposables	Offering a discount on reusable beverage containers
Purchasing sustainable seafood	We use exclusively Cage free eggs
Offering certified Fair Trade Organic coffee	Composting food waste
Purchasing 100% compostable napkins for the cafe and catering functions	Using bulk condiments to reduce packaging waste

We are proud to serve the Concordia Community! Visit us @ [www.dineoncampus.ca/concordia](http://www.dineoncampus.ca/concordia)





## Additional Information

The Concordia Food Coalition is waiting to hear back from Chartwells regarding a comprehensive analysis on product sourcing, specifically questions 1 – 9 from the CFC request for information (see appendix for questions.)

# Comparative Analysis of Canadian University Food Systems

## Campus Food Systems

In order to better understand the nature of University food systems and in-practice mechanisms geared towards a food system inclusive of; greater support of local farmers and producers, environmental monitoring of food systems, confirmed access to healthy, nutritious food and democratic governance and place-based decision making the Concordia Food Coalition conducted research on the food systems of 17 Universities.

### Universities Researched

- Guelph University
- University of Western Ontario
- Queens University
- McMaster University
- University of British Columbia
- University of Victoria
- Université de Sherbrooke
- Université Laval
- University of Winnipeg
- McGill University
- York University
- University of Toronto
- Ryerson University
- Simon Fraser University
- Dalhousie University
- Wilfred Laurier University
- Western University
- Berkeley
- Concordia University

### Areas Researched

Food System Component	Example of Results
Operational Model	Contracted, Self-operated, Mixed
Size	Small, Medium, Large
Residence population	% of student body
Meal plan types	All you can eat, mandatory, optional, flex-plans.
Finances	Unprofitable, Sustainable, Profitable & where possible, a break down of operational cost.
Sustainable & Healthy Practices	Use of organic food, local food, fair trade items, minimal processing, diverse food options, culturally appropriate, etc.
Labor	Fair wages, good working conditions, benefits, diverse employment, unionized, etc.
Campus Farm	Presence of campus-grown produce in food services.
Presence of food related educational program at University	Agriculture, Food Security, Nutrition, etc.
Globe and Mail Food Service Grade (2011)	Grade between A+ to D-
STARS ranking	Score out of 8.50 points
Community Collaboration	Partnerships with local institutions to run/operate food system.

## Results – Food System Models

### Contracted Model

The University initiates a contract with a food service provider that manages the majority of the components of the campus food system. (menu, purchasing, etc.) Aramark, Sodexo and Chartwells are the three largest food service providers globally. E.g. Concordia, Queens University.

### Mixed Model

An outside company is often contracted for larger spaces that the university may not have the capacity to fully operate independently. Both large (Chartwells, Sodexo, Aramark) and smaller more local food service providers (Local Food Plus) are used in this capacity. The university does autonomously operate smaller establishments on campus, often student-run initiatives. Some examples include; University of Toronto and McGill University.

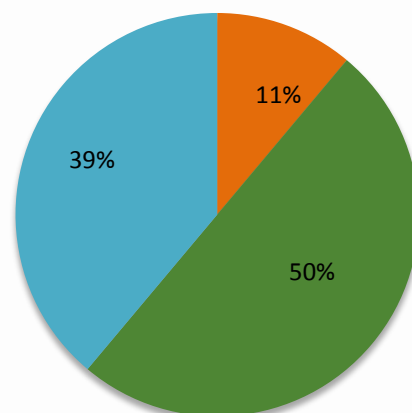
### Self Operated

The University operates food services internally (though collaboration with a local organization is common) and university retains control over decision making. Examples: University of British Columbia, University of Guelph University.

Research from the Sierra Youth Coalition, Ryerson University, McGill Food Systems Project, the National Student Food Charter, the Public Good Institute and more have indicated that the autonomous food system model provides many important opportunities for innovative Universities such as Concordia, and its surrounding community. Moving toward such a model provides:

- Greater student input
- Community partnerships and engagement
- Increased educational opportunities for the student body and community at large
- Greater institutional flexibility, and room for innovation
- Integrated research and development of local economies
- Greater support of local farmers and producers
- Environmental monitoring of food systems
- Confirmed access to healthy, nutritious food
- Democratic governance and place-based decision making

■ Mixed ■ Contracted ■ Self Operated



## Globe and Mail University Report Card – Food Service Grades

The Globe and Mail newspaper releases its Canadian University Report card each fall. The report presents letter grades (A+ to D) of 60 Canadian universities on a number of categories of university life, from class sizes to dining services. The results are based on the responses of 31,000 students across Canada to a student satisfaction survey. It was important to provide self-reporting results on Concordia's food system, while identifying the structure and elements of food systems most positively ranked by University students in Canada.

University	Size	Residence Population (In 2012)	Globe and Mail University Report Card 2011 – Food Service Grade
Guelph University	Medium	15,814	A
University of Western Ontario	Large	4,150	B
Queens University	Large	4802	B
McMaster University	Large	3,685	B-
University of British Columbia	Large	13,311	C+
University of Victoria	Large	3,190	C+
Université Laval	Large	2,300	C+
Université de Sherbrooke	Medium	900	C
University of Winnipeg	Small	496	C
McGill University*	Large	4,785	C
York University	Large	4,000	C
Concordia University*	Large	444	C
University of Toronto	Large	5,859	C-
Ryerson University*	Large	840	C-

\* Indicate Universities currently undergoing or recently undergone RFP process

## Stars University Assessment

Similarly, it was important to provide results on the sustainability of the Universities food system, as reported by an outside, standardized framework. The Sustainability Tracking, Assessment & Rating System is a transparent, self-reporting framework for colleges and universities to gauge relative progress toward sustainability. STARS was developed by AASHE with broad participation from the higher education community.

# STARS Results Concordia University – Dining Service Grade

We included Canadian Universities of similar sizes for our comparative analysis. We found that of them, Concordia Universities dining service was ranked the lowest.

University	Size	STARS Dining Service Score Out of 8.50
University of British Columbia	Large	7.81/8.50
Simon Fraser University	Medium	7.25/8.50
Dalhousie University	Large	6.68/8.50
McGill University	Large	6.21/8.50
Wilfred Laurier University	Medium	5.84/8.50
Western University	Large	5.47/8.50
Concordia University	Large	4.99/8.50

## Areas Considered in STARS Assessment

To determine Concordia’s score the STARS assessment credits specific sustainability actions taken on by the University with a point grade. It is interesting to note that many of the sustainability initiatives awarded to the Dining Services including waste composting and reusable mugs were advocated by student sustainability groups (such as Sustainable Concordia) and implemented by these groups in partnership with Concordia’s administration.

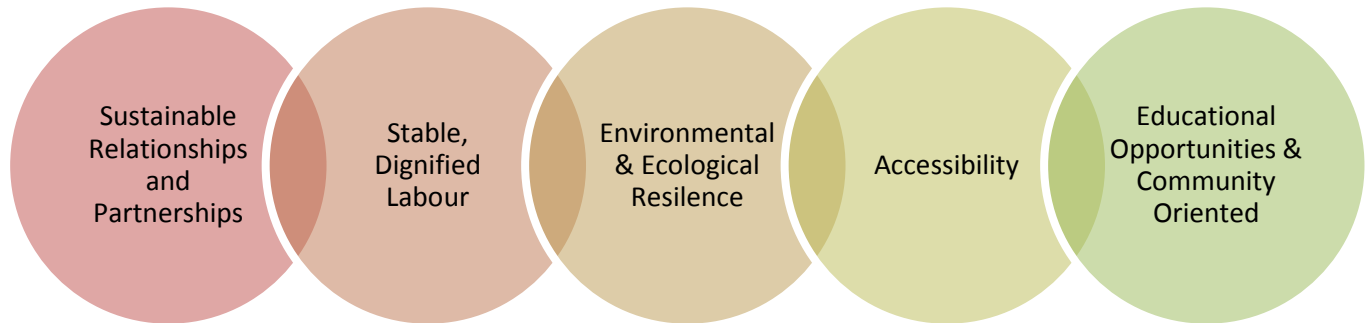
Dining Services		4.99 / 8.50
Credit	Status	Points
Food and Beverage Purchasing	✔ Pursuing	3.24 / 6.00
Trayless Dining	✘ Not Pursuing	0.00 / 0.25
Vegan Dining	✔ Pursuing	0.25 / 0.25
Trans-Fats	✔ Pursuing	0.25 / 0.25
Guidelines for Franchisees	✘ Not Pursuing	0.00 / 0.25
Pre-Consumer Food Waste Composting	✔ Pursuing	0.25 / 0.25
PostConsumer Food Waste Composting	✔ Pursuing	0.25 / 0.25
Food Donation	✔ Pursuing	0.25 / 0.25
Recycled Content Napkins	✔ Pursuing	0.25 / 0.25
Reusable Mug Discounts	✔ Pursuing	0.25 / 0.25
Reusable To-Go Containers	✘ Not Pursuing	0.00 / 0.25

STARS Dining Service Assessment Criteria

## What is a Healthy Food System?

### CFC Visioning Session & Student Food Charters

Over the summer of 2013, CFC researchers participated in visioning sessions with the Concordia Food Coalition and investigated student visions of a healthy, just and accessible food system. The resulting pillars embody the diverse criteria and components of a sovereign food system.



#### **LONG-TERM, SUSTAINABLE RELATIONSHIPS & PARTNERSHIPS**

- Direct trade: connections between farmers & consumers, growers & city residents, producers (getting rid of the middle person, also creating opportunities for education)
- On the ground projects, collaborative campus projects, localized community engagement
- Support for local small-holders

#### **STABLE, DIGNIFIED LABOUR**

- Opportunities for marginalized communities, fair wages, participative decision-making and non-hierarchical organizing wherever possible
- Liveable wages, working conditions that promote workers' rights
- Inspired by alternative economic models elsewhere for a solidarity/social economy

#### **ENVIRONMENTAL & ECOLOGICAL RESILIENCE**

- NO factory farming, monocrops, anticipatory hormones, GMOs, synthetic herbicides, or synthetic fertilizers to promote community health
- Using agroforestry principles, composting, recycling, green energy, and sustainable water management
- Supports small-scale farmers, diverse crops, & fresh, seasonal produce

#### **ACCESSIBILITY**

- Economic accessibility (sliding scales for payment), consumer accessibility, dignified food options catering to dietary needs of diverse communities
- Inclusive to non-students and to the surrounding community
- Food policies that are respectful of affective relationships to food

#### **EDUCATION & COMMUNITY**

- Creating space for food narratives, labelling beyond nutritional value, multipurpose, holistic food hub to bring groups together
- Ongoing applied research & interactive projects for giving, sharing, reciprocating exchange
- Health-promoting foods for holistic community health, resilience

## Top Performing Universities for a Healthy Food System

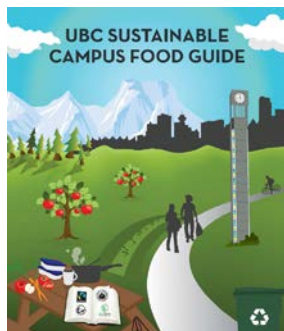
Based on the STARS Assessment, the Globe and Mail reports and student criteria for a sovereign food system the following universities emerge as sustainable food system leaders. Below is summary of the different aspects of their food system.

	Local Food Bench Marks	Organic Benchmarks	Other Food Benchmarks	Campus Farm	Waste Strategies	Community Partnerships	Educational Components
University of British Columbia	45% local food. Local: 150 miles from campus	All coffee served in non-branded outlets is 100% fair trade and organic.	All eggs & poultry from local providers and are free range.	Extensive campus farm, food Services purchases an annual average of \$3000 of Produce.	Large scale composter	Mostly internal partnerships with academic departments at the university.	Food system supported by educational opportunities in UBC Food Systems Project and the UBC Sustainability Office's Social Ecological Economic Development Studies (SEEDS).
University of Winnipeg	No institutional or procedural definition, but founding principle of dining service is to source locally & an emphasis on the entire lifecycle of food. Ranges from 40% - 66%. Sources from anywhere from 135 to 150 farms year round.	100% organic fair trade coffee.	Antibiotic & hormone free chicken. 100% Natural beef. Ocean Wise Seafood 100% organic & fair trade coffee. Processing facilities on campus.	None.	65% Waste diversion rate in 2015, Reduce campus GHG emissions to 6% below 1990 levels by 2012 and 10% below 1990 levels by 2016.	Partnership with SEED, a local non-profit supporting employment in areas that promote economic and community sustainability.	Educational opportunities for employees to gain skills for careers development. SEEDS also operates as a cooperative.
McGill University	Local: 500km from campus and accounts for 46% of the entire food budget.	Whole Flour and Grains are Quebec organic, tofu 100% organic.	Sustainable Sea food (by ACC and Ocean wise). Only whole eggs from free-run chickens on Québec farms. Locations serve only fair-trade ( <i>mostly</i> organic) coffee or equivalent.	Extensive campus farm, dining services purchases \$12,000 of produce annually.	Composting with industrial bioreactor. No bottle water sold. Eco-kits for every residence student. (re-usable takeout container and mug).	Partnership with local food plus & McGill Food Systems Projects (MFSP).	Frequent collaboration between dining services, MFSP and university departments and courses.

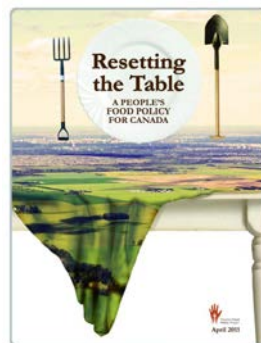


	Local Food Bench Marks	Organic Benchmarks	Other Food Benchmarks	Campus Farm	Waste Strategies	Community Partnerships	Educational Components
Queens University	47% of food budget is spent on locally grown produce	N/A	Antibiotic free and hormone free meat & dairy. Fair trade coffee.	Urban agricultural farm, in first year of operation. Food service provider will be required to buy greens and more.	Currently doing a waste audit to determine effective strategies. Organic waste composting machines, bottled water free campus.	Soul food is an initiative that delivers surplus food to homeless shelters. Hosts farmers markets every Wednesday.	Agricultural degree and courses at school, but connection to food services unknown.
University of Guelph	45% local food	Beginning to source Organic produce from the On-Campus Guelph Centre for Urban Organic Farming.	Processing (canning, drying, etc.) facilities on campus. Reducing GMO foods and pursuing antibiotic and hormone free products.	Extensive farms.	Re-usable takeout containers, will be distributed to first years and meal plan holders.	Partnerships with local food plus, greenbelt foundation, Backyard bounty Guelph and local farmers.	Food service works with Guelph center for urban organic farming,

**GREAT RESOURCE**  
S for Healthy Campus Food Systems



UBC SUSTAINABLE FOOD GUIDE



FOOD SECURE CANADA



SIERRA YOUTH COALITION

# Elements of a Healthy Food System

Through our analysis, we were able to identify specific elements of a healthy, high performing university food system. By identifying these tangible actions, we hope to take these elements and apply them to our own campuses.

## Partner with experts in local, sustainable food systems.

As outlined in the companion report, Montréal, Québec, is an island surrounded by fertile farmlands. The most arable soils in the province are located along the lowlands of the St. Lawrence River, with 40% of Québec's agriculture produced just south of Montréal, in the region of Montérégie. In addition to ample food production Montréal is home to many experts concerned with creating and understanding healthy, sovereign food systems. There are many organizations and individuals working hard to strengthen and nourish local communities and urban food systems. Partnering with such organizations including [Equiterre](#), [Santropol Roulant](#), CAPÉ (Coopérative pour l'agriculture de proximité écologique), [Farm to Cafeteria Canada](#) and more would increase our ability to build and participate in a locally based, healthy food system.

## Designate food systems “point-person” at the University.

The sourcing, growing, transporting and preparation of locally sourced, nutritious and ethical food requires significant orchestration by someone (or a team) well versed in the specific challenges and requirements of accomplishing such an important feat. Engaging at least one person (and ideally more) to oversee and develop the food system is integral to its success and development. A number of the universities outlined above have such oversight in place including Oliver De Volpi at McGill, Ben Kramer at University of Winnipeg and Michael Smith at Queen's University.

## Incorporate academic and educational opportunities.

Concordia University has many student projects concerned with providing a healthy food system (see page 6) to the university. While some of these initiatives such as the Concordia Greens and City Farm school are beginning to be supported and recognized as important components of sustainability education there is little backing of immersive education and academic opportunities centered around food. Incorporating such activities as planting, growing, harvesting, preparing and transporting food along with critical thinking about our food systems provides an opportunity to teach important skills to our community.

## Emphasize and ensure healthy diverse food options.

Concordia University is a spectacularly diverse community. Our food systems should reflect the abundance of preferences, beliefs, access and knowledge inherent in our community. Providing a diversity of healthy and accessible food options is integral to creating and maintaining a healthy community.

## Develop University wide food policy and food related benchmarks.

As previously mentioned, **Concordia University has no university wide food policy, or any specific measurable food related benchmarks.** Without such an overall vision and tracking mechanisms in place, it is impossible to coordinate and execute a campus wide commitment to a better food system. Creating and sticking to such a policy or benchmarks creates a clear path to achieving our vision of a healthy food system. Every University in the chart above employs some type of benchmark system and/or policy that outlines food production, sourcing, and preparation methods. The presence of such a system ensures oversight, accountability and direction.

## Support local economies & communities.

As outlined in the companion report, Montreal is home to many organizations that aim to strengthen and nourish local communities and urban food systems. Engaging, supporting and participating in local communities and economies strengthen the broader community and supports resilient, healthy individuals.

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## List of Questions for Chartwells

Research Questions for Chartwells at Concordia University

***Requested by Concordia Food Coalition for research regarding on-campus dining services.***

### Purchasing Questions

1. How many kg's/lbs are purchased annually (or per semester) of each type of fruits and vegetables? Are they fresh, frozen, canned, dried, or processed?
2. Where is each type of above produce produced, who produced it, and who distributed it?
3. Do the producer and distributor change seasonally? If so, please provide answers to Questions (1), (2) for seasonal suppliers.
4. How many kg's/lbs are purchased annually (or per semester) of each type of "bulk" products? (pasta, wheat, sugar, flours, rice, legumes, tofu, oil, etc.).
5. Where are the above "bulk" items produced and who distributed them?
6. How many kg's/lbs are purchased annually (or per semester) of each type of meat and dairy (including eggs, milk, butter, etc.) items?
7. Where are meat and dairy (including eggs, milk, butter, etc.) items produced, who produced them, who distributed them, and what state are they delivered (fresh, frozen, dried)?
8. How many kg's/lbs are purchased annually (or per semester) of each type of ready made food such as drinks, seasoning, condiments, breads, soup, chips and confectionaries, and ready-to-use processed inputs such as apple pie filling, pasta sauce base.
9. Where are ready made food items produced, who produced them, who distributed them, and what state are they delivered (fresh, frozen, dried)?
10. Who are the main distributors for all materials used by Chartwells?
11. What are **all** menu items offered by Chartwells at Concordia University (including dining halls and kiosks)?
12. What are all the ingredients used to make all menu items and what are their calorie count per serving?
13. What is the quantity of salt, sugar, and fat included in each menu item as percentage of daily intake suggested by the Canadian government?
14. Where are most meals prepared on campus?
15. What menu items are prepared only with fresh ingredients except for seasoning?
16. If any of the ingredients is certified organic, please indicate which and what quantity.

17. If any of the ingredients imported from abroad is certified fair trade, please indicate which item and what quantity.

### **On Campus Operations**

18. How often are fresh produce items delivered to Chartwells?
19. How often are bulk items delivered to Chartwells?
20. How often are and meat and dairy products delivered to Chartwells?
21. What are the drop-off points at each campus, and do they have the same delivery schedule?
22. What is the distribution of annual transactions between dining rooms and kiosks on campus (i.e does buzz bistro have 100,000 transactions annually, while SP Café only has 15,000?) If possible, please provide a breakdown of transactions (or customers served) at each of the 8 outlets annually.
23. How many staff members are employed on campus and what is the breakdown in terms of operational function (cooking, serving, cleaning, etc.)? How many are required for each cafeteria or kiosk?

## Chartwells Price List 2012 -2013

Items	Proposed Prices 2012-13
HOT BEVERAGES	
VAN HOUTTE & Seattle's Best	
VH Coffee - 12oz	\$2.05
VH Coffee - 16 oz	\$2.25
VH Coffee - 20 oz	\$2.35
VH Latte sm	\$3.15
VH Latte md	\$3.95
VH Latte lg	\$4.35
VH Capp sm	\$3.15
VH Capp md	\$3.95
VH Capp lg	\$4.35
VH Mocha SM	\$3.50
VH Mocha MED	\$4.30
VH Mocha LG	\$4.75
VH Hot choco sm	\$2.05
VH hot choco md	\$2.25
VH Hot choco lg	\$2.35
VH Steam milk sm	\$2.70
VH steam milk med	\$3.00
VH Steam milk lg	\$3.20
VH Espresso sm	\$1.85
VH Espresso double	\$2.30
VH Add a shot	\$0.80
Tea / Tisane Fair trade	\$1.45
Special tea Fair Trade	\$1.95
STARBUCKS	
SB Cafe du Jour Sm	\$1.95
SB Cafe du Jour Med	\$2.20
SB Cafe du Jour Lg	\$2.40
SB Americano sm	\$2.30
SB Americano md	\$2.70
SB Americano lg	\$3.35
SB CAPPUCCINO SMALL	\$3.30
SB CAPPUCCINO MEDIUM	\$3.95
SB CAPPUCCINO LARGE	\$4.35
SB Caramel macchiato sm	\$3.95
SB Caramel macchiato md	\$4.40
SB Caramel macchiato lg	\$4.85
SB Chai latte sm	\$2.25
SB Chai latte md	\$3.45
SB Chai latte lg	\$4.30
SB Espresso small	\$2.05
SB Double espresso	\$2.50
SB Single macchiato	\$2.10



SB DOUBLE MACCHIATO 2,00	\$2.55
<b>SB HOT CHOCO sm</b>	\$2.99
<b>SB HOT CHOCO med</b>	\$3.25
<b>SB HOT CHOCO lg</b>	\$3.50
<b>SB Latte sm</b>	\$3.30
<b>SB Latte md</b>	\$4.30
<b>SB Latte lg</b>	\$4.75
<b>SB London fog sm</b>	\$2.30
<b>SB London fog md</b>	\$2.85
<b>SB London fog lg</b>	\$3.40
<b>SB Travel Mug (Trial)</b>	\$13.95
SB Tazo Tea mezzo	\$1.75
SB Tazo Tea med	\$2.25
SB Tea lg	\$2.25
SB MOKA sm	\$3.62
SB MOKA med	\$4.31
SB MOKA lg	\$4.73
<b>SB Steam milk sm</b>	\$2.10
<b>SB Steam milk md</b>	\$2.65
<b>SB Steam milk lg</b>	\$2.99
<b>SB White moka sm</b>	\$4.38
<b>SB White moka md</b>	\$4.67
<b>SB White moka lg</b>	\$5.15
<b>SB EXTRA ESPRESSO SHOT</b>	\$0.70
SB EXTRA SYROP SHOT	\$0.37
SB Regular Tea	\$1.45
<b>TIM HORTON</b>	
<b>TIM ROLL UP THE RIM</b>	\$-
<b>TIM Coffee sm</b>	\$1.27
<b>TIM Coffee med</b>	\$1.49
<b>TIM Coffee lg</b>	\$1.67
<b>TIM Coffee extra large</b>	\$1.87
<b>TIM Cappuccino sm</b>	\$1.49
<b>TIM Cappucino med</b>	\$1.75
<b>TIM Cappuccino lg</b>	\$2.09
<b>TIM Cappuccino extra large</b>	\$2.35
<b>TIM Coffee-XS</b>	\$1.10
<b>TIM Cappuccino-XS</b>	\$1.38
<b>TIM Coffee &amp; strudel</b>	\$1.49
<b>TIM strudel only</b>	\$0.79
<b>TIM Cinnamon delight</b>	\$1.79
<b>TIM Hot chocolate sm</b>	\$1.27
<b>TIM Hot chocolate med</b>	\$1.49
<b>TIM Hot chocolate lg</b>	\$1.67
<b>TIM Hot chocolate extra large</b>	\$1.87
<b>TIM Moka sm</b>	\$1.78
<b>TIM Moka med</b>	\$1.99
<b>TIM Moka lg</b>	\$2.24
<b>TIM Moka extra large</b>	\$2.52
<b>TIM Moka-XS</b>	\$1.54
<b>TIM Hot chocolate-XS</b>	\$1.10

Added hot chocolate supreme	\$0.70
Added flavoured cafe mocha	\$0.25
Added flavoured cappuccino supreme	\$0.60
TIM Ice Capp sm	\$1.89
TIM Ice capp med	\$2.61
TIM Ice capp lg	\$3.22
TIM Smoothie sm	\$1.99
TIM Smoothie med	\$2.89
TIM Smoothie lg	\$3.69
TIM ADD YOGURT	\$0.70
TIM Lemonade-sm	\$1.49
Tim Lemonade-med	\$1.89
TIM Lemonade-lg	\$2.19
TIM Muffin	\$1.19
TIM 6 muffin	\$5.59
TIM 12 muffin	\$10.59
TIM Beigne /donut	\$0.95
TIM 6 beigne/donut	\$4.29
TIM 12 beigne/donut	\$6.49
TIM Biscuit/Cookie	\$0.95
TIM 6 biscuits/ Cookie	\$4.59
TIM 12 biscuits /Cookie	\$6.99
TIM Biscuit the plain	\$0.60
TIM Biscuit the other	\$0.80
TIM Toast /Roti (1)	\$1.10
TIM Toast /Roti (2)	\$1.99
TIM Toast & Coffee	\$3.34
TIM Toast & Cheese	\$2.79
TIM Timbit	\$0.20
TIM 10 timbits	\$1.99
TIM 20 timbits	\$3.59
TIM 40 timbits	\$6.29
TIM Danish	\$1.50
TIM Croissant - plain	\$1.45
TIM Croissant - flavoured	\$1.45
TIM Cinnamon bun	\$1.15
TIM Bagel butter	\$1.19
TIM Bagel cream cheese	\$1.99
TIM Cream cheese portion	\$0.80
TIM Jam/ Peanut butter portion	\$0.25
TIM Gourmet bagel butter	\$1.65
TIM Gourmet bagel cream cheese	\$2.45
TIM BOX TEA	\$3.49
TIM CAN HOT CHOCOLATE	\$4.69
TIM CAN CAPPUCCINO	\$6.99
TIM CAN-COFFEE 369G	\$6.29
TIM CAN- DECAF COFFEE	\$6.99
TIM Travel mug	\$5.25
TIM TAKE TEN	\$14.69
TIM Thermos Mug	\$15.95
TIM 1KG Can Coffee	\$17.99

<b>TIM Ceramig Mug</b>	\$8.99
<b>TIM Tea Regular</b>	\$1.23
<b>TIM Steeped Tea XS</b>	\$1.10
TIM Steeped Tea SM	\$1.27
TIM Steeped Tea MED	\$1.49
TIM Steeped Tea LG	\$1.67
<b>TIM Steeped Tea XL</b>	\$1.87
<b>COLD BEVERAGES</b>	
<b>Aquafina 591ml</b>	\$1.90
<b>Aquafina 710ml</b>	\$2.05
<b>Aquafina 1L</b>	\$2.30
<b>Arthurs smoothie</b>	\$4.45
<b>Dole juice</b>	\$2.30
<b>Fountain sm</b>	\$1.65
<b>Fountain Large (20oz)</b>	\$1.85
<b>Thyme sm</b>	\$1.70
<b>Thyme med</b>	\$1.95
<b>Thyme lg</b>	\$2.75
<b>Frappuccino</b>	\$3.05
<b>GATTORADE</b>	\$3.30
<b>Lipton ice tea</b>	\$2.20
<b>Milk 200ml</b>	\$1.10
<b>Milk 500ml</b>	\$2.20
<b>Milk plastic blt</b>	\$2.35
<b>Soya milk</b>	\$2.45
<b>Pepsi</b>	\$2.20
<b>Perrier 300 ml</b>	\$2.63
<b>V-8 340 ml/ GARDEN COCKTAIL</b>	\$2.36
<b>YOP</b>	\$2.36
<b>Yogourt (100g)</b>	\$1.79
<b>Yogurt Tube</b>	\$1.10
<b>Soy/ Almond Milk 2L</b>	\$3.49
<b>Pepsi 2L</b>	\$2.99
<b>Tropicana</b>	\$2.90
<b>Greek Yogurt</b>	\$1.69
<b>BREAKFAST</b>	
<b>Bagel with butter</b>	\$1.30
<b>Bagel &amp; cream cheese</b>	\$2.09
<b>Boxed Cereal</b>	\$2.25
<b>Toast(2)or english muffin &amp; Butter</b>	\$1.30
<b>Toast(2) &amp; Jam (1)</b>	\$1.58
<b>Toast &amp; Cheese</b>	\$2.15
<b>Cream Cheese portion</b>	\$0.79
<b>Peanut butter portion or jam portion</b>	\$0.28
<b>Morning / The GRILLE</b>	
<b>Fried egg ( Cage Free)</b>	\$1.31
<b>French Toast (2) Or Pancakes</b>	<b>\$2.59</b>
<b>Grilled Cheese Sandwich ( 2 sl. cheese)</b>	<b>\$2.59</b>
<b>Side Sausages(2)</b>	\$2.05
<b>Side Bacon (3)</b>	\$2.05

<b>Side Hashbrown</b>	<b>\$2.20</b>
Light BREAKFAST 1 EGG no meat 1 egg-toast and a medium hot beverage	\$3.62
Light BREAKFAST 1 EGG w/meat egg-toast and a medium hot beverage	\$4.36
BIG BREAKFAST 2 EGG no meat egg-toast-Potatoes- meat and a medium hot beverage	\$4.46
BIG BREAKFAST 2 EGGS w/meat egg-toast-Potatoes- meat and a medium hot beverage	\$5.67
Bagel Stacker Western Omellette(1 egg), Cheese, Lettuce & Tomato on a toasted bagel and a medium hot beverage	\$4.73
<b>1 Egg &amp; Cheese Muffin &amp; a medium hot beverage</b>	<b>\$3.78</b>
<b>3 eggs-Omelette, Ham and Cheese or Spanish + medium hot beverage (no toast)</b>	<b>\$5.78</b>
STINGER English Muffin, egg, bacon, cheddar cheese + lettuce and a medium hot beverage	\$4.73
STINGER ALONE	\$3.26
<b>Breakfast Special</b>	<b>\$5.25</b>
<b>The Fresh Grille</b>	
<b>LUNCHEON GRILLE</b>	
<b>Hamburger</b>	<b>\$3.47</b>
<b>Cheese burger</b>	<b>\$4.20</b>
<b>Bacon Cheese Burger</b>	<b>\$5.24</b>
<b>Chicken Burger</b>	<b>\$4.04</b>
<b>Vegetarian Burge</b>	<b>\$5.24</b>
<b>B.L.T.</b>	<b>\$3.68</b>
<b>Pogo / Hot dog</b>	<b>\$1.58</b>
<b>Jumbo hot dog</b>	<b>\$3.95</b>
<b>Club sandwich grilled chicken</b>	<b>\$7.99</b>
<b>Grilled Chicken Breast on a Kaiser</b>	<b>\$5.99</b>
<b>Grilled Tofu 200GR</b>	<b>\$5.57</b>
<b>Chips / Drink</b>	<b>\$2.52</b>
<b>Any Duo ( Fries)</b>	<b>\$1.47</b>
<b>Any Trio ( Fries and Drink)</b>	<b>\$2.94</b>
Regular French Fries	
<b>Fries</b>	<b>\$2.26</b>
<b>Fries lg</b>	<b>\$2.52</b>
<b>Poutine - regular (16oz) curd cheese 1 bag</b>	<b>\$5.41</b>
<b>Onion rings</b>	<b>\$2.26</b>
<b>Bacon 1 slice</b>	<b>\$0.74</b>
<b>Cheese (slice)</b>	<b>\$0.80</b>
<b>Extra Cheese (Poutine)</b>	<b>\$2.21</b>
<b>Grill Extra Garnish</b>	<b>\$0.53</b>
<b>Vegetarian Sandwich</b>	<b>\$5.65</b>
<b>Meat/Tuna Sandwich</b>	<b>\$6.75</b>
<b>Trattoria</b>	
<b>Pasta and Sauce</b>	<b>\$5.65</b>
<b>Pasta cheese</b>	<b>\$6.65</b>
<b>Stir Fry Bar 300gr 100gr proteins</b>	<b>\$6.65</b>
<b>Stir Fry Bar Shrimp</b>	<b>\$7.50</b>
<b>Stir Fry Bar Veggies</b>	<b>\$5.99</b>
<b>Side Dish small</b>	<b>\$2.00</b>
<b>Side dish lg</b>	<b>\$3.41</b>
<b>Jamaican Patties</b>	<b>\$1.94</b>
<b>Vegetarian Meal</b>	<b>\$5.99</b>
<b>Chicken/Fish</b>	<b>\$6.99</b>
<b>Beef/Shrimp</b>	<b>\$7.99</b>

Salad bowl small	\$3.40
Salad bowl large	\$5.95
Pizza slice	\$2.99
Pizza Pizza	
BBQ Chicken - personal	\$4.90
Canadian - personal	\$4.90
Extreme Cheese - personal	\$4.90
Hawaiian - personal	\$4.90
Pepperoni personal	\$4.90
Super - personal	\$4.90
Vegetarian personal	\$4.90
Combo (chips & drink)	\$3.40
Dipping Sauces	\$0.74
Calzone Pizza	\$6.29
Pizza promo add pepsi bottle	\$1.99
Calzone & Pepsi (Promo) (D)	\$7.00
OTG Sandwich Central	
Pointe poulet 100gr ou 3 oz/ Chicken wedge	\$3.48
Pointe œuf/ Egg wedge	\$3.39
Pointe Thon/ Tuna wedge	<b>\$3.48</b>
Bagel Saumon Fumé	\$6.99
Bagel légumes et fromage	\$4.42
Bagel jambon et cheddar / Ham & Cheddar bagel	\$4.83
Baguette Italienne	\$5.40
Jambon, suisse, pomme sur panini 90gr	\$6.25
Jambon sur Pumpernickel 90 gr	\$4.48
Oeufs sur multigrain	\$4.26
Ham & Cream Cheese Pumpernickel	\$4.80
Poulet/Chicken salad kaiser	\$4.48
Poulet/Chicken tranché sur Kaiser	\$4.57
Poulet/Chicken sur multigrain 90 gr	\$4.48
Poulet/Chicken, citron poivré	\$6.50
Rôti de Bœuf et Cheddar 90gr	\$4.83
Rôti de Bœuf et fromage sur Panini	\$6.42
Thon Californien 90 gr	\$4.99
Thon sur Multigrain	\$4.87
Viande Fumée sur seigle 90gr	\$4.53
Veggie swiss	\$5.25
Wrap/Enroulé Dinde BLT	\$4.60
Wrap/Enroulé Grecque	\$4.60
Wrap/Enroulé Hummus	\$4.60
Wrap/Enroulé Légumes et Fromage	\$4.60
Wrap/Enroulé salade de Thon 90gr	\$4.60
Wrap Asian	\$4.49
Wrap Eggplant	\$4.49
Wrap Tabouleh	\$5.99
Wrap Chickpeas	\$6.25
Wrap Lentil cran	\$6.25
Wrap Tofu veg	\$4.75
Wrap Chicken Ceasar	\$4.60
OTG Raw Power Salads:	

2 Fromages	\$4.99
Bol de Fruits 16 oz / Fruit bowl	\$5.25
Caesar (sml)	\$3.29
Caesar Pasta Salad	\$4.08
Cheddar Tossed Salad	\$3.29
Cottage / fruits	\$4.99
Crudit� en sac / Veggie grab bag	\$2.33
Deli d9 / Salad of the day	\$1.65
Dinde Chop Chop	\$3.97
Dinde Grill�e Cobb	\$6.99
Energy Plus Salad (sml)	\$3.35
Fruit & Cheese Salad	\$5.34
Garden Salad Deluxe (sml)	\$3.29
Greek Salad	\$5.05
Grilled Chicken Veggie	\$4.30
Hummus, Raw Veggies & Pita Salad (sml)	\$4.43
Julienne Classique	\$5.75
Mais du Jardin	\$6.99
Pasta Salad Deluxe (sml)	\$3.99
P�te trois couleurs	\$3.99
Salade aux �ufs	\$3.99
Salade de Poulet	\$4.25
Salad thon	\$4.25
Salade Grill Chicken Cesar	\$6.99
Salsa Piquante / Zesty pasta salad	\$4.08
Shaker salad Southwest	\$4.08
Shaker salad Sesame Thai	\$4.08
Shaker primavera	\$4.08
	\$8.39
Thon Californien 90 gr	\$4.99
Turkey chef salad	\$4.49
Veggies & Dip Deluxe	\$3.29
Verdure Californienne	\$4.71
Tofu Pita	\$4.65
OTG Doubletreat Bakery	
Cake	\$4.25
CHOCOLATINE	\$2.26
Energy bar	\$1.81
Fruit Bread (Assorted flavours)	\$2.25
Gourmet cookie 3 oz x1	\$1.81
Jello (D9)	\$1.10
MUFFIN	\$1.68
Monster Oatmeal Cookie	\$2.44
Parfaits	\$3.47
Plain Croissant	\$2.10
Pudding (D9)	\$1.58
Rice Krispies	\$2.10
Scone	\$1.94
Square 2" x 3"	\$2.26
TURNOVER	\$1.75
PIE	\$2.26

<b>Kosher Items</b>	
<b>Kosher Pastry viennoiserie/Pastry</b>	<b>\$1.85</b>
<b>Kosher Muffin jumbo</b>	<b>\$2.05</b>
<b>Kosher croissant</b>	<b>\$2.00</b>
<b>Kosher Danish</b>	<b>\$2.36</b>
<b>kosher sandwich</b>	<b>\$5.99</b>
<b>Kosher Tuna / SALMON PINK bagel</b>	<b>\$6.99</b>
<b>Kosher Egg</b>	<b>\$4.99</b>
<b>Menutainment</b>	
<b>Ice-cream &amp; Confectionary</b>	
<b>Candie bag</b>	<b>\$2.09</b>
<b>Chocolat Bars</b>	<b>\$1.93</b>
<b>Chips (Big Grab)</b>	<b>\$1.82</b>
<b>Cashews / Almonds</b>	<b>\$3.41</b>
<b>Dried Fruits Mix</b>	<b>\$2.36</b>
<b>Nuts / Seeds</b>	<b>\$1.49</b>
<b>Nutri Grain</b>	<b>\$1.42</b>
<b>Grandma bar</b>	<b>\$2.15</b>
<b>Grandma snack</b>	<b>\$3.20</b>
<b>Gum</b>	<b>\$2.09</b>
<b>Kleenex</b>	<b>\$1.42</b>
<b>Biscotti</b>	<b>\$1.66</b>
<b>Hungryman (Sternz)</b>	<b>\$2.76</b>
<b>Otis berry grain bar</b>	<b>\$2.09</b>
<b>Popchips</b>	<b>\$1.49</b>
<b>Super Drumstick</b>	<b>\$3.75</b>
<b>Drumstick</b>	<b>\$3.15</b>
<b>Haagen daz</b>	<b>\$4.57</b>
<b>Ice cream(Parlour/Fudge/Delmonte)</b>	<b>\$2.05</b>
<b>Oreo</b>	<b>\$2.63</b>
<b>Rolo cone /Cookie Dough</b>	<b>\$3.26</b>
<b>Super sandwich ice cream</b>	<b>\$2.78</b>
<b>Dessert/SNACKS</b>	
<b>Fresh Fruit (Orange &amp; Apple)</b>	<b>\$1.45</b>
<b>2 bite brownie</b>	<b>\$2.03</b>
<b>Cheese snack</b>	<b>\$1.00</b>
<b>Banana Fruit</b>	<b>\$1.15</b>
<b>WHEAT STREET DELI</b>	
<b>BLT Baguette /Panini</b>	<b>\$6.50</b>
<b>Brie Cheese with cranberry baguette /panini</b>	<b>\$6.25</b>
<b>Turkey Club Baguette/Panini</b>	<b>\$6.75</b>
<b>BBQ chicken Baguette / Panini</b>	<b>\$6.75</b>
<b>Black Forest Ham,cheddar &amp; dijon Baguette/ Panini</b>	<b>\$6.75</b>
<b>ROAST BEEF, MONTEREY JACK AND SALSA RANCH</b>	<b>\$6.75</b>
<b>Ham swiss cheese veggie/ panini</b>	<b>\$6.75</b>
<b>Roast Turkey w/ veggies</b>	<b>\$6.75</b>
<b>Albacore Tuna salad Baguette / Panini</b>	<b>\$6.16</b>
<b>Egg Salad</b>	<b>\$5.25</b>
<b>Mediterranean feta with Tzatziki Baguette / Panini</b>	<b>\$6.25</b>
<b>HAM AND MOZZARELLA</b>	<b>\$6.75</b>
<b>Italian hero/ panini</b>	<b>\$6.75</b>

<b>Cheddar Cheese &amp; Fresh Veggies Baguette / Panini</b>	\$6.04
<b>Turkey cranberry / panini</b>	\$6.75
<b>Bruschetta, Mozzarella &amp; Spinach Baguette -Panini</b>	\$5.72
<b>Grilled Ruben</b>	\$6.75
<b>Grilled Chicken Breast Club</b>	\$7.34
<b>Roast beef swiss Baguette / Panini</b>	\$6.75
<b>GRILLED CHICKEN, SPINACH, MANGO CURRY</b>	\$7.34
<b>GRILLED CHICKEN, SPINACH, RED ONION AND PESTO</b>	\$6.75
<b>Grilled Vegetables, Mozzarella and Pesto Ciabatta</b>	\$6.25
<b>Portobello Mushroom with Swiss &amp; pesto Ciabatta</b>	\$6.25
<b>Brie Cheese, Red Onion, Pesto &amp; Spinach Ciabatta</b>	\$6.25
<b>ADD SALAD WS</b>	\$1.31
<b>Side salad ONLY</b>	\$2.57
<b>Add 341 ml dole can juice</b>	\$1.25
<b>Add 341 ml dole can juice + side salad</b>	\$2.50
<b>Heinz Soups</b>	
<b>Soup 12 oz</b>	\$3.40
<b>Soup - 16 OZ</b>	\$4.35
<b>SOUP - 12 OZ &amp; BREAD</b>	\$3.98
<b>Soup - 16oz &amp; bread</b>	\$4.99
<b>Butter</b>	\$0.26
<b>Bread Rolls</b>	\$0.60
<b>Melba Toast or Bread Sticks</b>	\$0.44
<b>Extra Soda Crackers</b>	\$0.17
<b>Campbell travel mug</b>	\$6.99
<b>Sushi (Market price Bento Nuevo)</b>	
<b>California roll</b>	<b>\$5.49</b>
<b>Spicy california spring roll</b>	<b>\$5.49</b>
<b>Californien orange</b>	\$7.87
<b>Philadelphie Dill roll</b>	<b>\$8.79</b>
<b>Spicy Sesame Tuna</b>	<b>\$7.69</b>
<b>Spicy salmon sushi roll</b>	<b>\$7.69</b>
<b>Cali Shogun sushi combo</b>	<b>\$9.99</b>
<b>Maki Sushi Combo</b>	\$7.50
<b>Shrimp Spring roll</b>	\$6.92
<b>Spicy california spring roll</b>	\$6.92
<b>Vegetarian spring roll</b>	\$5.76
<b>Brown rice Vegetarien Californien roll</b>	<b>\$5.49</b>
<b>Cucumber sushi roll</b>	\$4.03
<b>Salmon Avocado</b>	<b>\$7.69</b>
<b>Dynamite roll</b>	\$9.81
<b>Beef teriyaki rice bowl</b>	<b>\$6.99</b>
<b>Chicken teriyaki rice bowl</b>	<b>\$6.99</b>
<b>Salmon teriyaki rice bowl</b>	<b>\$6.99</b>
<b>Japanese Pork dumplings</b>	\$4.49
<b>Spicy Sauce/Goma Dressing</b>	\$5.19
<b>Seaweed salad 100g</b>	<b>\$3.99</b>
<b>Zesty Lemon Sushi Combo</b>	<b>\$9.99</b>
<b>Spring Roll &amp; Sushi Combo</b>	\$8.79
<b>Cali Samurai Combo</b>	\$7.69
<b>Diablo Roll</b>	\$7.99



<b>Luau Roll</b>	\$6.99
<b>Island Combo</b>	\$9.99
<b>Black Pearl Roll</b>	\$8.99
<b>Endou Combo</b>	\$9.49
Rainbow Roll	<b>\$10.49</b>
Crazy Combo	<b>\$9.99</b>
Vegetable Sushi Combo	<b>\$6.99</b>
<b>Ocean Jewels Combo</b>	\$9.99
Salmon Roll Combo	<b>\$10.99</b>
<b>Assorted Maki Sushi Boat</b>	\$10.99
Spicy Smoked Salmon Roll	<b>\$8.99</b>
Brown rice California Roll	<b>\$5.49</b>
<b>Multigrain combo</b>	\$8.99
<b>7 spice california roll</b>	\$5.99
<b>Coconut Tempura shrimp</b>	\$7.99
<b>7 spice &amp; coconut tempura shrimp</b>	\$7.99
<b>Pomegranate Rainbow</b>	\$8.99
<b>Pomegranate Dragon</b>	\$9.99
<b>Alaska Pom Combo</b>	\$9.99
<b>SHISH</b>	
<b>Chicken Pita</b>	\$6.50
<b>Falafel Pita</b>	\$3.62
<b>Hummus &amp; Pita</b>	\$3.55
<b>Vegetarian Pita</b>	\$3.55
<b>Chicken Plate</b>	\$7.50
<b>Falafel Plate</b>	\$5.99
<b>VEG PLATE</b>	\$5.99
<b>Side - Rice</b>	\$1.70
<b>Side- Potatoes</b>	\$1.70
<b>Side - Tabouleh</b>	\$1.70
<b>Side - Tossed greens</b>	\$1.70
<b>Extra meat shish</b>	\$3.25
<b>Extra Pita</b>	\$0.99
<b>ExtraHummus</b>	\$0.55
<b>DISCOUNTS</b>	
Open key ( Table culinaire )	
<b>** \$0.20 discount on hot beverages with use of a re-usable mug</b>	\$(0.20)
<b>MUG Promo</b>	\$-
<b>Discount \$1.00 (D)</b>	\$-
<b>Discount \$2.00 (D)</b>	\$-
<b>Discount \$5.00 (D)</b>	\$-
	\$-
	\$-
<b>BUFFET</b>	
<b>Buffet Meal 1 Lunch</b>	\$10.49
<b>Buffet Meal 2 Dinner</b>	\$11.55
<b>Buffet Meal 3 Special Event</b>	\$13.91
<b>TAKE OUT</b>	
<b>Empty Cup/Contentant (hot water)</b>	\$0.20
<b>Take OUT Container</b>	\$0.20
<b>Take Out Cutlery</b>	\$0.10

	\$-
ON KEYBOARD	
<b>HOT MEAL</b>	<b>\$10.20</b>
<b>TIM HORTONS ROLL UP</b>	<b>\$-</b>
SUPER SAVINGS (SSC)	
Combine a med. Coffee with any muffin	\$3.41
Combine any tea with jumbo oatmeal cookie	\$3.41
Buy any breakfast sandwich & get a small coffee	\$-
Buy any hotmeal & get any size fountain drink	<b>\$0.85</b>
Buy any shish meal & get a bottle of juice or soda	<b>\$1.60</b>
Buy any panini and get a side salad	<b>\$1.05</b>
Buy any OTG sandwich and add a bag of chips or bottle of water (591 ml)	<b>\$1.05</b>
Buy any OTG sandwich and add a bottle of juice or soda	<b>\$1.60</b>
UNDER 3	
U3 Sandwich 1 for \$2.40	\$2.40
U3 Sandwich 2 for \$2.61	\$2.61
U3 Sandwich 3 for \$2.93	\$2.93
U3 Sandwich 4 for \$2.99	\$2.99
U3 Salad 1 for \$2.61	\$2.61
U3 Salad 1 for \$2.93	\$2.93
U3 Salad 1 for \$2.99	\$2.99
U3 Single cut fruit	\$2.99
U3 Snacks	\$2.09
U3 parfait	\$2.99

Brand	Item Description	Item Sustainability	Total Qty Purchased
So Nice	Beverage Soy Chocolate Tetra 24/250 MI	BC V6B3X5 Vancouver	77
So Nice	Beverage Soy Vanilla Tetra 24/250 MI	BC V6B3X5 Vancouver	44
So Good	Milk Soya Original 6/1.89 Lt	BC V6B3X5 Vancouver	15
So Nice	Milk Original Organic Soya 24/250 MI	BC V6B3X5 Vancouver	3
So Nice	Beverage Soy Vanilla Tetra 24/250 MI	BC V6B3X5 Vancouver	1
So Nice	Beverage Soy Chocolate Tetra 24/250 MI	BC V6B3X5 Vancouver	1
Silk Beverages	Milk Soy Almond 6/1.89 Lt	CO 80020 Broomfield	26
Silk Beverages	Milk Soy Chocolate 6/1.89 Lt	CO Broomfield 80021	39
Silk Beverages	Milk Soy Plain 6/1.89 Lt	CO Broomfield 80021	27
Silk Beverages	Milk Soy Vanilla 6/1.89 Lt	CO Broomfield 80021	7
Ultra Creme	Cream 10 % 16/1 Lt	QC	1923
Yorkmont Farms	Butter Whipped Pot 600/4.5 Gr	ON K0K2K0 Madoc & Toronto	8
Yorkmont Farms	Butter Print 20/454 Gr	ON K0K2K0 Madoc & Toronto	2
Yorkmont Farms	Butter Whipped Pot 600/4.5 Gr	ON K0K2K0 Madoc & Toronto	1

Quebon	Milk 2% 28/500 MI	QC	5115
Quebon	Milk 2% 9/2 Lt	QC	2649
Natrel	Milk 2% 48/200 MI	QC	774
Quebon	Milk 2% 16/1 Lt	QC	36
Quebon	Milk Skim 48/200 MI	QC	625
Hershey	Shake Milk Chocolate 6/350 MI	QC	35
Hershey	Shake Milk O'Henry 6/350 MI	QC	31
Hershey	Shake Milk Cookie & Cream 6/350 MI	QC	21
Hershey	Shake Milk Chocolate Double 6/350 MI	QC	9
Natrel	Milk 2% Food Service 2/10 Lt	QC	1532
Natrel	Cream 18% Nsa Tube White 1/10 Lt	QC	382
Lactantia	Butter Pots Whipped 600/4.5 Gr	QC	8
Quebon	Milk Skim 16/1 Lt	QC	263
Quebon	Milk Strawberry 28/500 MI	QC G1L3M9 Quebec	832
Quebon	Milk Chocolate Hazelnut 28/500 MI	QC G1L3M9 Quebec	138
Ultra Creme	Cream 10% 15 MI 4/100 Ct	QC G1L3M9 Quebec	8
Sealtest	Buttercup Whipped 300/4.5 Gr	QC G1L3M9 Quebec	7
Sealtest	Cottage Cheese 4% 1/2 Kg	QC G5J2G7 Amqui	124
Sealtest	Sour Cream 14% 1/2 Lt	QC G5J2G7 Amqui	102
Sealtest	Cottage Cheese 1% 12/500 Gr	QC G5J2G7 Amqui	28
Sealtest	Cottage Cheese 2% 12/ 500 Gr	QC G5J2G7 Amqui	4
Lactantia	Butter Prints Salted 20/454 Gr (10166096300046)	QC G6T1S8 Victoriaville	1
Quebon	Milk Chocolate Plastic Container 24/500 MI	QC H4N1S3 St.Laurent	2704
Quebon	Cream Cooking Ultra Cream 35% 16/1 Lt	QC H4N1S3 St.Laurent	796
Ultra 'Lait	Milk Ultra Lait 2% 200/15 MI	QC H4N1S3 St.Laurent	664
Natrel	Creamers Ultra Creme 200/15 MI	QC H4N1S3 St.Laurent	395
Ultra Creme	Cream 35% 16/1 Lt	QC H4N1S3 St.Laurent	179
Ultra Creme	Cream 18% 200/15 MI	QC H4N1S3 St.Laurent	98
Natrel	Milk 1% Vanilla 6/350 MI	QC H4N1S3 St.Laurent	84
Natrel	Milk 1% Chocolate 6/350 MI	QC H4N1S3 St.Laurent	36
Natrel	Milk 2% White 6/350 MI	QC H4N1S3 St.Laurent	18
Quebon	Buttermilk 1/1 Lt	QC H4N1S3 St.Laurent	8
IOGO	INACTIVE Yogurt Drink Nomad Strawberry Melon 12/200 MI	QC J2G2X2 Granby	31.5
IOGO	INACTIVE Yogurt Original Peach 12/150 Gr	QC J2G2X2 Granby	25.2502

IOGO	INACTIVE Yogurt Drink Nomad Vanilla 12/200 MI	QC J2G2X2 Granby	24.5
IOGO	INACTIVE Yogurt Original Strawberry 12/150 Gr	QC J2G2X2 Granby	24.2502
IOGO	INACTIVE Yogurt Original Vanilla 12/150 Gr	QC J2G2X2 Granby	22.3335
IOGO	INACTIVE Yogurt 0% Strawberry 12/150 Gr	QC J2G2X2 Granby	18.0001
IOGO	INACTIVE Yogurt Original Vanilla 4/2 Kg	QC J2G2X2 Granby	16.25
IOGO	INACTIVE Yogurt 0% Blueberry 12/150 Gr	QC J2G2X2 Granby	16.1667
IOGO	INACTIVE Yogurt Drink Nomad Raspberry Strawberry 12/200 MI	QC J2G2X2 Granby	14
IOGO	INACTIVE Yogurt Drink Nomad Blackberry/Blueberry 12/200 MI	QC J2G2X2 Granby	13
IOGO Original	Yogurt 1.5% Assorted Original 3/16/100 Gr	QC J2G2X2 Granby	11.6663
IOGO	INACTIVE Yogurt 0% Plain 12/150 Gr	QC J2G2X2 Granby	8.1667
IOGO	INACTIVE Yogurt 0% Raspberry 12/150 Gr	QC J2G2X2 Granby	6.5
Yoplait	INACTIVE Yogurt Vanilla Creamy Pouch 4/2 Kg	QC J2G2X2 Granby	6.25
IOGO	INACTIVE Yogurt 0% Blueberry 6/650 Gr	QC J2G2X2 Granby	4.8335
Yoplait Creamy	INACTIVE Yogurt Strawberry 12/150 Gr	QC J2G2X2 Granby	4.4167
Yoplait Creamy	INACTIVE Yogurt Creamy Vanilla 12/150 Gr	QC J2G2X2 Granby	4.3334
IOGO	INACTIVE Yogurt Original Assorted 3/16/100 Gr	QC J2G2X2 Granby	3.6664
IOGO	INACTIVE Yogurt 0% Strawberry 6/650 Gr	QC J2G2X2 Granby	3.5001
Yoplait Creamy	INACTIVE Yogurt Peach 12/150 Gr	QC J2G2X2 Granby	3.4167
IOGO	INACTIVE Yogurt 0% Apple Cinnamon 6/650 Gr	QC J2G2X2 Granby	3.3334
Yoplait Source	INACTIVE Yogurt Source Peach 6/650 Gr	QC J2G2X2 Granby	3
IOGO	INACTIVE Yogurt Original Strawberry 4/2 Kg	QC J2G2X2 Granby	3
IOGO	INACTIVE Yogurt 0% Strawberry Raspberry Fieldberry Cherry 3/16/100 Gr	QC J2G2X2 Granby	2.6665
Yoplait Source	INACTIVE Yogurt Source Strawberry 12/150 Gr	QC J2G2X2 Granby	2.5
IOGO	INACTIVE Yogurt Original Plain 4/2 Kg	QC J2G2X2 Granby	2.5
Yoplait YOP	INACTIVE Beverage Peach 12/200 MI	QC J2G2X2 Granby	2
Yoplait Tubes	INACTIVE Yogurt Tube Strawberry/Cherry 8/8/60 Gr	QC J2G2X2 Granby	2
Yoplait Creamy	INACTIVE Yogurt Creamy Strawberry Blueberry Raspberry Fieldberry 3/16/100 Gr	QC J2G2X2 Granby	2
IOGO	INACTIVE Yogurt Original Tropical Assorted 3/16/100 Gr	QC J2G2X2 Granby	1.9998
IOGO	INACTIVE Yogurt Greko Strawberry Vanilla 6/8/100 Gr	QC J2G2X2 Granby	1.9998
IOGO	INACTIVE Yogurt 0% Vanilla 6/650 Gr	QC J2G2X2 Granby	1.8334
IOGO	INACTIVE Yogurt Greko Raspberry Blueberry 6/8/100 Gr	QC J2G2X2 Granby	1.3333
Yoplait YOP	INACTIVE Beverage Raspberry 12/200 MI	QC J2G2X2 Granby	1
IOGO	INACTIVE Yogurt 0% Pineapple Coconut Banana 6/650 Gr	QC J2G2X2 Granby	1
Yoplait YOP	INACTIVE Yogurt Strawberry 12/200 MI	QC J2G2X2 Granby	1

Yoplait Source	INACTIVE Yoplait Source 0% Strawberry/Fieldberry/Peach/Raspberry 3/16/100 Gr	QC J2G2X2 Granby	1
Yoplait YOP	INACTIVE Beverage Strawberry Banana 12/200 MI	QC J2G2X2 Granby	1
Yoplait YOP	INACTIVE Beverage Blueberry 12/200 MI	QC J2G2X2 Granby	1
Yoplait Source	INACTIVE Yogurt Source 0% Raspberry 6/650 Gr	QC J2G2X2 Granby	0.5
Yoplait Source	INACTIVE Yoplait Source 0% Strawberry 6/650 Gr	QC J2G2X2 Granby	0.5
Yoplait Source	INACTIVE Yogurt Raspberry 12/150 Gr	QC J2G2X2 Granby	0.5
Yoplait Creamy	INACTIVE Yogurt Creamy Plain 2.3% 4/2 Kg	QC J2G2X2 Granby	0.5
IOGO	INACTIVE Yogurt 0% Plain 6/650 Gr	QC J2G2X2 Granby	0.5
Yoplait Creamy	INACTIVE Yogurt Creamy Peach/Sunny Fruit 6/4/100 Gr	QC J2G2X2 Granby	0.3333
IOGO	INACTIVE Yogurt 0% Tropical Assorted 3/16/100 Gr	QC J2G2X2 Granby	0.3333
IOGO	INACTIVE Yogurt Original Assorted 3/16/100 Gr	QC J2G2X2 Granby	0.3333
Natrel	Milk 1 % Chocolate Food Service 2/10 Lt	QC J3V1Y7 St.Bruno	994
Sealtest	Butter Salted 25/454 Gr	QC J3V1Y7 St.Bruno	550
Sealtest	Butter Unsalted 25/454 Gr	QC J3V1Y7 St.Bruno	218
Quebon	Milk Chocolate 48/500 MI	QC J3V1Y7 St.Bruno & H4N & G1L	9440
Quebon	Milk Chocolate 48/200 MI	QC J3V1Y7 St.Bruno & H4N & G1L	1029
Oikos	INACTIVE Yogurt Greek Blueberry 6/4/100 Gr	QC J4E1E6 Boucherville	16
Oikos	INACTIVE Yogurt Greek Strawberry 6/4/100 Gr	QC J4E1E6 Boucherville	9
Activia	Yogurt Strawberry Raspberry Peach Blueberry 4/12/100 Gr (10056800430315)	QC J4E1E6 Boucherville	3
Oikos	INACTIVE Yogurt Greek Honey 6/4/100 Gr	QC J4E1E6 Boucherville	3
Activia Light	Yogurt Light Raspberry/Vanilla/Peach/Strawberry 4/12/100 Gr	QC J4E1E6 Boucherville	1
IOGO Nomad	Yogurt 1.5% Strawberry Melon Dark 12/200 MI	QC J4E1E6 Boucherville	42.5833
Oikos	Yogurt Greek Strawberry 6/4/100 Gr (10056800552437)	QC J4E1E6 Boucherville	39
IOGO Original	Yogurt 1.5% Peach Original 12/150 Gr	QC J4E1E6 Boucherville	29.8335
IOGO Original	Yogurt 1.5% Vanilla Original 12/150 Gr	QC J4E1E6 Boucherville	27.8335
IOGO Nomad	Yogurt 1.5% Vanilla Dark 12/200 MI	QC J4E1E6 Boucherville	26.5833
IOGO 0%	Yogurt 0% Raspberry 12/150 Gr	QC J4E1E6 Boucherville	22
IOGO 0%	Yogurt 0% Blueberry 12/150 Gr	QC J4E1E6 Boucherville	20
IOGO 0%	Yogurt 0% Strawberry 12/150 Gr	QC J4E1E6 Boucherville	17.5
IOGO Nomad	Yogurt 1.5% Blueberry Blackberry Dark 12/200 MI	QC J4E1E6 Boucherville	16.5833
So Good	Soya Chocolate 6/1.89 Lt	QC J4E1E6 Boucherville	16
IOGO Nomad	Yogurt 1.5% Raspberry Strawberry Dark 12/200 MI	QC J4E1E6 Boucherville	15.25
IOGO Original	Yogurt 1.5% Vanilla Original 4/2 Kg	QC J4E1E6 Boucherville	14.1667
Earthon	Milk Original Almond 6/1.89 Lt	QC J4E1E6 Boucherville	14

IOGO 0%	Yogurt 0% Plain 12/150 Gr	QC J4E1E6 Boucherville	9.5
IOGO 0%	Yogurt 0% Blueberry 6/650 Gr	QC J4E1E6 Boucherville	7.0001
IOGO Original	Yogurt 1.5% Strawberry Original 4/2 Kg	QC J4E1E6 Boucherville	6.8333
Oikos 2%	Yogurt Greek Honey 2% 6/4/100 Gr (10056800552451)	QC J4E1E6 Boucherville	6
IOGO 0%	Yogurt 0% Assorted 3/16/100 Gr (3042000)	QC J4E1E6 Boucherville	5.3331
IOGO 0%	Yogurt 0% Vanilla 4/2 Kg	QC J4E1E6 Boucherville	4.3335
Oikos 0%	Yogurt Peach Mango 6/4/100 Gr (10056800664826)	QC J4E1E6 Boucherville	4
Natrel	Creamer Milk 18% 1/200 Ct	QC J4E1E6 Boucherville	4
Oikos 2%	Yogurt Greek Blueberry 6/4/100 Gr (10056800554707)	QC J4E1E6 Boucherville	4
Chaw Kon	Milk Coconut 24/400 Ml (Cha011)	QC J4E1E6 Boucherville	4
IOGO Greko	Yogurt 0% Raspberry Blueberry Greko 6/8/100 Gr	QC J4E1E6 Boucherville	3.0003
Oikos 2%	Yogurt Key Lime Bottom 6/4/100 Gr (10056800666714)	QC J4E1E6 Boucherville	3
IOGO Original	Yogurt 2.0% Plain Original 4/2 Kg	QC J4E1E6 Boucherville	3
IOGO Greko	Yogurt 2% Strawberry Vanilla Greko 6/8/100 Gr	QC J4E1E6 Boucherville	2.3335
Oikos 0%	Yogurt Cherry 6/4/100 Gr (10056800664833/100568007058055)	QC J4E1E6 Boucherville	2
IOGO Original	Yogurt 1.5% Vanilla Original 12/150 Gr	QC J4E1E6 Boucherville	1.8024
IOGO Original	Yogurt 1.5% Tropical Assorted 3/16/100 Gr	QC J4E1E6 Boucherville	1.6665
IOGO 0%	Yogurt 0% Apple Cinnamon 6/650 Gr	QC J4E1E6 Boucherville	1.1667
Oikos	Yogurt Greek Strawberry 6/4/100 Gr (10056800552437)	QC J4E1E6 Boucherville	1
IOGO 0%	Yogurt 0% Strawberry 6/650 Gr	QC J4E1E6 Boucherville	1
Dairyland	Milk Soya Vanilla 6/1.89 Lt	QC J4E1E6 Boucherville	1
Oikos 2%	Yogurt Greek Blueberry 6/4/100 Gr (10056800554707)	QC J4E1E6 Boucherville	1
IOGO 0%	Yogurt 0% Assorted 3/16/100 Gr (3042002)	QC J4E1E6 Boucherville	0.9999
IOGO 0%	Yogurt 0% Plain 6/650 Kg	QC J4E1E6 Boucherville	0.6666
IOGO Original	Yogurt 1.5% Strawberry Original 6/4/100 Gr	QC J4E1E6 Boucherville	0.5
IOGO Original	Yogurt 1.5% Peach Original 6/4/100 Gr	QC J4E1E6 Boucherville	0.5
IOGO 0%	Yogurt 0% Vanilla 6/650 Gr	QC J4E1E6 Boucherville	0.3333
IOGO 0%	Yogurt 0% Assorted 3/16/100 Gr (3042001)	QC J4E1E6 Boucherville	0.3333